

YOU

GOT

THIS

in partnership with

The Exchange



D-EXY

Build your Mental Fitness at the touch of button.

Take charge of your wellbeing and sign up to D-EXY on Desktop, Tablet and on the Mobile App.



WHAT IS D-EXY?



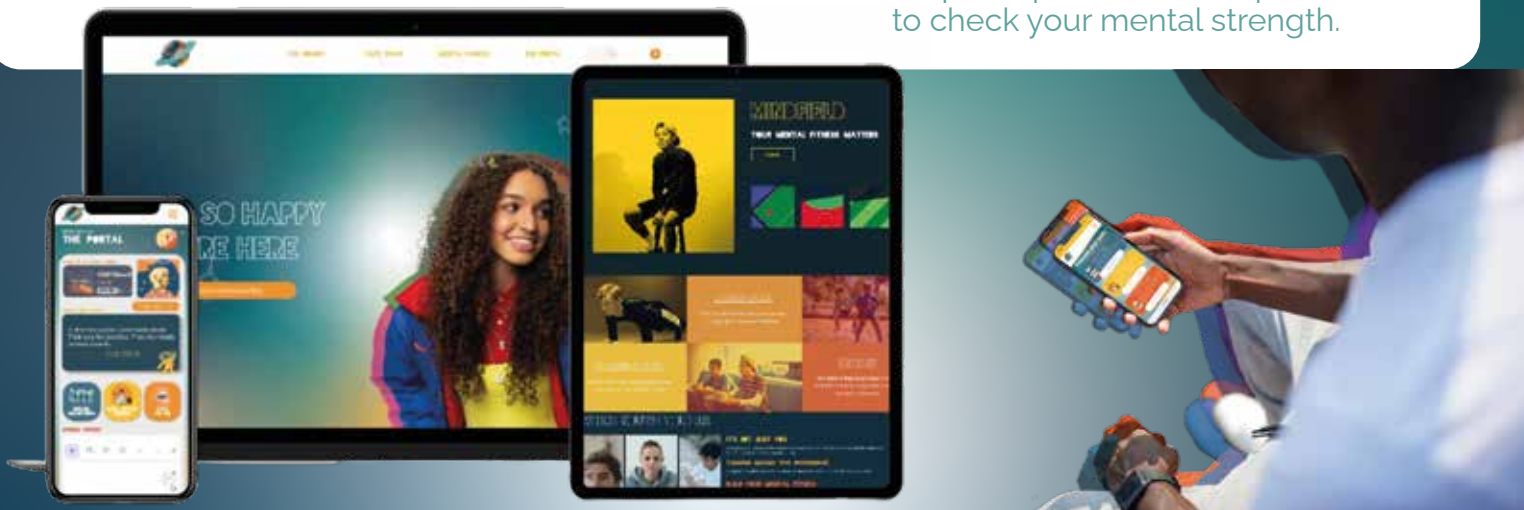
Hi, we're D-EXY! The place for young people to get help with mental health or build mental strength. Whatever your mental health needs, we've got you.

Overwhelmed with Anxiety? Struggling with Self-esteem? or just want to build your mental resilience? We've got a Roadtrip for that! or you can book time with a counsellor when it suits you at the touch of a button.

But D-EXY isn't just there for when you are struggling. We are here to help you build your mental fitness.

Feel connected to people your age going through the same things, and talk about your shared experience. Join the Safe Space community, with a range of topics to join, share and learn.

Check out the Calm Den for mindfulness, meditation and everything you need to chill out or take a mental health pit stop and use the questionnaires to check your mental strength.



CHOOSE YOUR PATH

I GOT THIS - Happy to help yourself? Pick and choose resources from the library to build your knowledge and answer those niggling questions

GUIDE ME - Choose one of our online programmes to help yourself. Perhaps you want help to deal with anxiety or maybe build your confidence. If you are looking to share your problems or maybe help someone with theirs you can join our 'Safe Space' room and chat to other young people.

TALK TO ME - Want to book time with a professional to see what support option is best for you? This is the place

I GOT THIS

- The Library
- Mental Fitness
- Calm Den
- Mental Health Pit Stop



GUIDE ME

- The Roadtrips
- The Portal
- Mood Journal

TALK TO ME

- Safe Space
- Live Counsellor Chat
- Book a Session



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