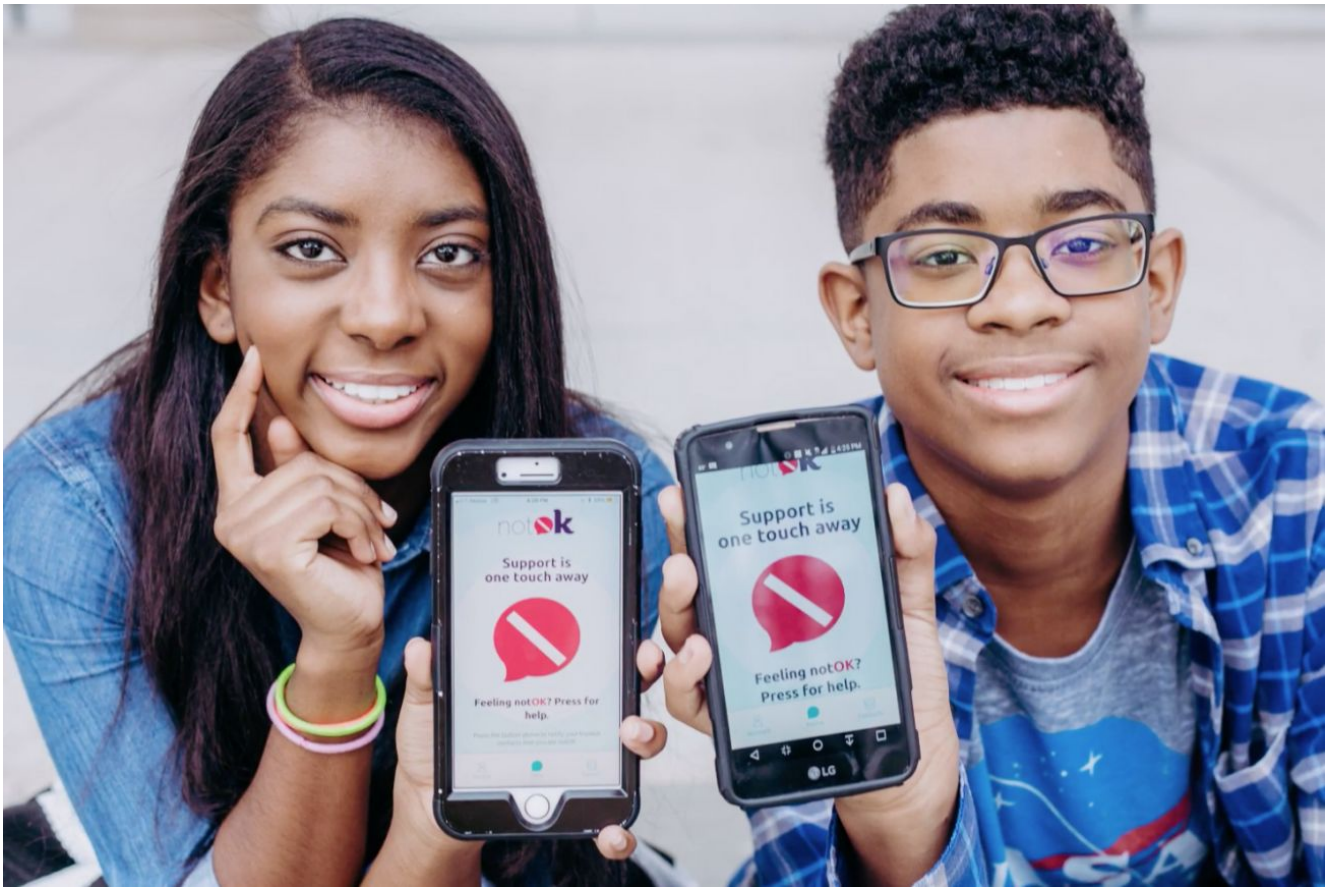
How Two Teenpreneurs Are Helping People When They Are ‘Not Okay’



Whether you’re a teen or an adult suffering from loneliness, anxiety, depression, stress, suicidal thoughts or anything else, two teens share how their app makes immediate help just the tap of a button away.

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After developing a condition that caused then 15-year-old Hannah Lucas to faint daily, she was terrified of being alone. During one of her lowest moments, Lucas was alone in her room and contemplated self-harm. That moment made her ask herself, “What if there was a button I could press and someone would immediately know I was not okay?” She shared the idea with her

brother, Charlie, and the notOK App was born.

When a user opens the app and taps the notOK Button, a text message is sent to up to five pre-selected contacts that reads: “Hey, I’m not OK. Please call me, text me or come find me,” along with a link to your current GPS location. You can read more about Hannah and Charlie in Jessica Abo‘s book *Unfiltered: How To Be As Happy As You Look On Social Media*.

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Watch more videos from Jessica Abo on her YouTube channel here.

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