

You can help me

YOUNGMINDS

Today I am feeling...



You can help me by...

could support too

When I feel

can help or

can help too

I would like to hear from...

- Sports/club coach
- Cousins, siblings or other relatives
- Neighbour
- Friend
- Faith leader
- Mentor
- Support Worker
- GP
- Teacher or TA
- Community Leader

These are the important people in my life...

Something I'm finding tough right now is...

Things that bring me joy...