

## What's on your mind?

### Guide to information and support for children and young people

- Everybody has mental health. It's the thoughts and feelings which go on within your mind.
- You can have both good and bad mental health which can change day to day and at different times in your life.
- There is support and advice to help you when you need it. Scan the QR code for information about where to go and who to speak to.



If you require a copy of this information in any other format or language please contact the Trust.



@allofusinmind #ChooseWellForMentalHealth

With **all of us** in mind.