

**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.



You can also 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.