

My Voice Matters

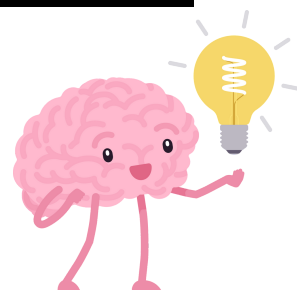
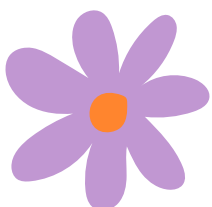
Our thoughts, ideas, feelings and opinions matter. Think about the different ways we can use our voice to support our mental health and wellbeing. Use the spaces below to draw the different ways we can use our voice

We can use our voices to share how we feel.

We can use our voices to help others

We can use our voices to get help.

We can use our voices to talk to our trusted adults





Here are some blank spaces for you to add your own ideas.

