

Suffolk #WeMatter



Young Person's #WeMatter Journal

This journal belongs to:

Suffolk #WeMatter | Registered Charity No.1207195

Call: 07858 052 438 | Email: SuffolkWeMatter@gmail.com



Outcome score board.

To be completed before starting the #WeMatter Journal.

I understand my own emotional health:

1 2 3 4 5 6 7 8 9 10

I'm attending school regularly:

1 2 3 4 5 6 7 8 9 10

I'm able to raise mental health awareness:

1 2 3 4 5 6 7 8 9 10

I feel able to talk to my parents / carers:

1 2 3 4 5 6 7 8 9 10

I feel settled and safe at home:

1 2 3 4 5 6 7 8 9 10

I understand other people's feelings:

1 2 3 4 5 6 7 8 9 10

I feel able to talk about mine & others mental health:

1 2 3 4 5 6 7 8 9 10



5 things I know about mental health.

This can be feelings, actions or things you have heard.

1

2

3

4

5



5 things I want to learn about mental health.

1	<hr/> <hr/> <hr/>
2	<hr/> <hr/> <hr/>
3	<hr/> <hr/> <hr/>
4	<hr/> <hr/> <hr/>
5	<hr/> <hr/> <hr/>

What difference will this make to me?

**What I think my young person
knows about my mental health:**

**What I want my child to learn about my mental
health / triggers / day to day life:**

**What difference will this make
to my child and to the family?**



Words to describe me:

Words you use to explain who you are.

1

2

3

4

5

6

I matter because:

What is important to you that people understand.

My wow factor, or some interesting facts about me:

Write something amazing about you, or some interesting facts that make you, you!



People who are important to me.

This can be anyone you feel you can talk to.

1

2

3

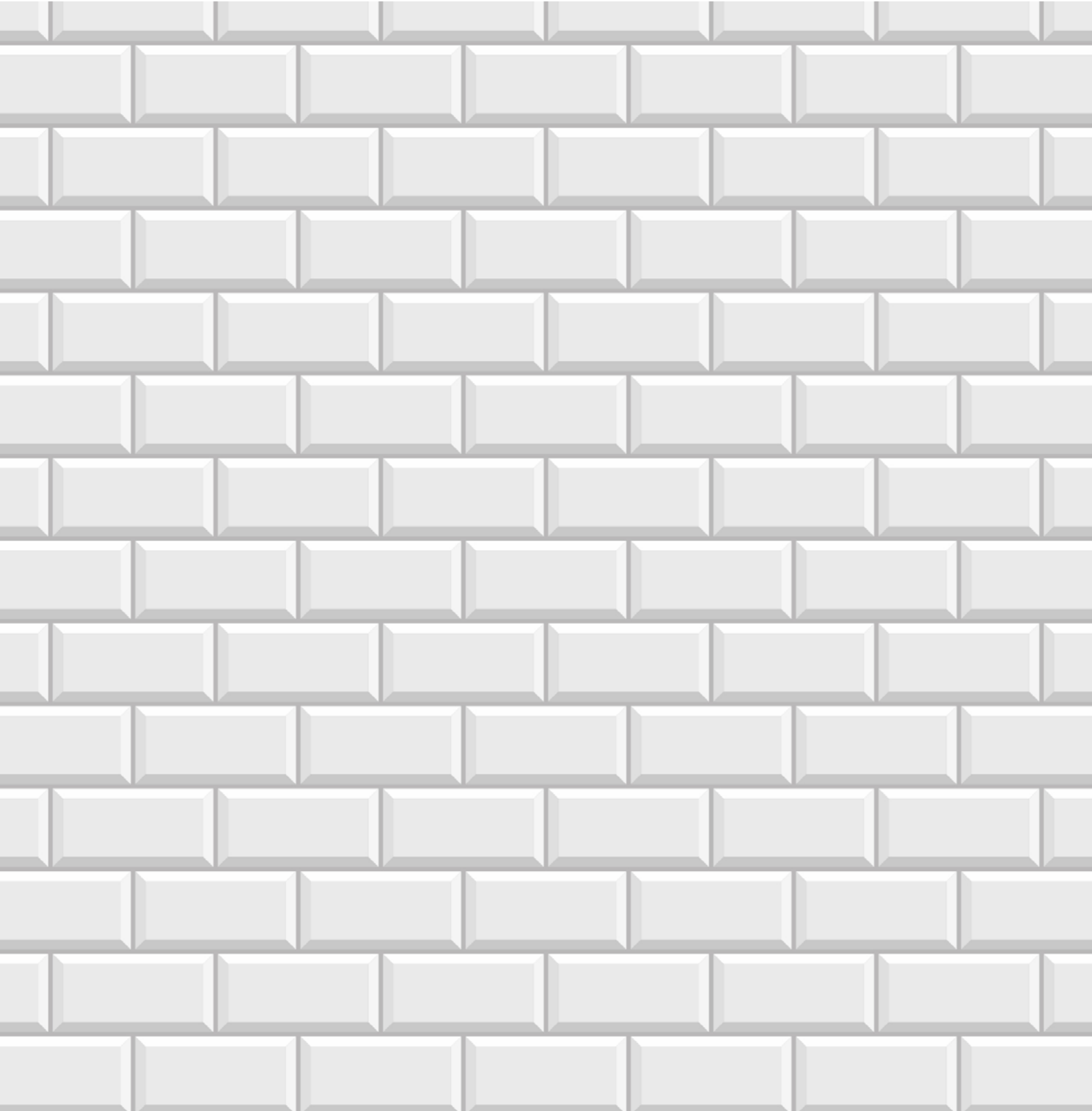
4

5



My graffiti wall.

Write words, draw pictures or doodle here - it is a page of freedom to express yourself.





If _____ is unwell I can tell by:

Share someone who is close to you.













If _____ **is unwell:**

Share someone who is close to you.

I know because:

If I'm home I will:

If I'm at school I will:



If _____ is unwell I can tell by:

Share someone who is close to you.













If _____ is unwell:

Share someone who is close to you.

I know because:

If I'm home I will:

If I'm at school I will:



People who can help me:

This can be family, friends, people at school or at a club or church.

Name:

Who are they?

Phone number:

Name:

Who are they?

Phone number:

Name:

Who are they?

Phone number:

Name:

Who are they?

Phone number:



5 things I know about mental health.

This can be feelings, actions or things you have heard.

1

2

3

4

5



5 things I will tell others about mental health:

1

2

3

4

5



How I will look after my own mental health:

1

2

3

4

5

What I think my young person has learnt:

1

2

3

4

5



What I will do to support my young person:

1

2

3

4

5

The difference this process will make to us:

1

2

3

4

5



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