



Not enough time in the day to meet your worker? Why don't you send them your views with Mind Of My Own!





DO YOU WANT THE OPPORTUNITY TO
ADD TO YOUR OWN FILE?



**Mind Of My Own helps you make sure your views are in
your story! Why don't you share your views through some
of the scenarios today!**

Apple Store



Google Play



One App Online





DON'T KNOW WHO TO TALK TO? DON'T KNOW HOW TO ASK FOR HELP?

**Mind Of My Own is a
discrete way for you to
share how you are feeling**

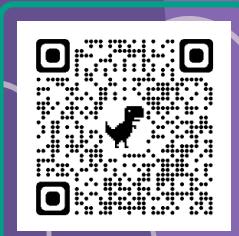
**Use “My Wellbeing” to let
someone know how your
are doing when you feel
like you can't talk**





Don't feel like seeing your social worker
this time?

SHARE YOUR VIEWS ON MIND OF MY OWN!



LONG Night?



**Use your Mind Of My Own app to tell
someone what you are thinking at any
time!**

The person you send it to will pick it up
during their working hours but means
you can rest knowing you've shared how
you are feeling!





Share your views
on your app!

Apple Store



Google Play



Do you have questions
about how Mind Of My
Own could help you or
a child in your care?
speak to a social
worker or email
[voice@mindofmyown.
org.uk](mailto:voice@mindofmyown.org.uk)



**Ever get that feeling that
no one is listening?**



Make sure your voice
is heard with Mind Of
My Own.

Ask your worker how
to sign up for an
account today!

