

Mental Health and Wellbeing



**Things that make me
scared, anxious or unhappy:**

Please support me to feel less anxious or upset by:

.....

.....

.....

.....



Mental Health and Wellbeing



I have a mental health need



I need support with:

I see someone about my mental health



I do not see anyone about my mental health



If so, who?



Their phone number is:

What I Do In The Week



About where I live



Adult Learning/ College



Day Centre

What I Do In The Week



Where I work



Other