



Us Plus

Mental Health and Wellbeing Bulletin 3

Hello everyone,

Mrs Taylor



The card started life as part of the work on the online bullying / grooming animation made as part of the Child Exploitation Awareness Campaign ([#CETheSigns](#)). Young people wanted something that would be handy, worth keeping, attractive and discrete.

There are 3 different cards all of which have been designed by young people. As well as something to keep in your wallet / 'phone, a key fob has also been included.

The card is a

- Handy reminder “*You’re not alone...*” encourage help seeking.
- Focused information to support young people
- YP access to opportunities in their local area (e.g. local offers / incentives) inclusion, belonging etc.
- YP route to have voice heard (e.g. consultations / surveys / Speakpipe etc.)
- Peer supporter link use.
- Shared resource with TFF / CC and wider partners (sustainability / legacy)
- Flexibility – follow emerging opportunities

Landing Page

The card has a **QR Code** which links to a landing page on the Start Now website. I

There will a series of ‘**Tiles**’ that will provide onward links both on Start Now and externally. Sections include:

- Information about wellbeing and mental health
- Signposts to support
- Info about fun stuff in your local area (e.g. including ideas around 5 Ways to Wellbeing)
- *Free stuff / competitions / consultations ‘get involved’.*

Remember that you can contact the TIS team at Penrice if you need help with any worries or anxieties. Email us at tis@penrice.org.uk

