

PUPIL



VOICE

# MENTAL HEALTH CHARTER

SUPPORT FOR EVERYONE

WE PROMISE TO LISTEN

ALWAYS SOMEONE TO TALK TO

WE PROMISE TO TALK

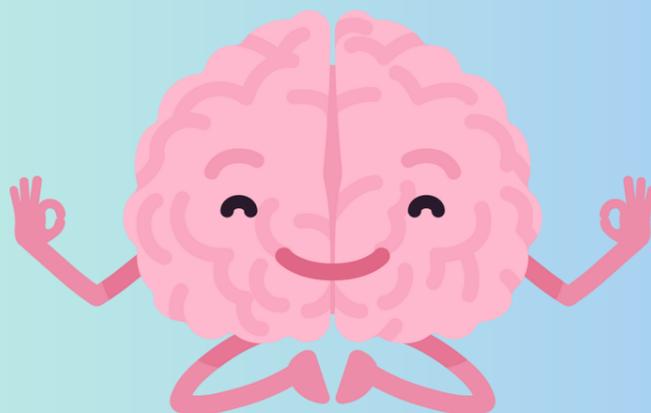
ASKING FOR HELP IS BRAVE

WE PROMISE TO GIVE EACH OTHER SPACE

TIME TO CALM DOWN

WE PROMISE TO TAKE CARE OF OURSELVES

FOR HEALTH INSIDE AND OUT



BE KIND TO YOUR MIND!

SPEAK TO YOUR **CLASS MP** FOR MORE INFORMATION