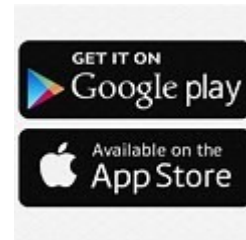


Mind Of My Own is all about having your voice heard

- The Mind Of My Own App can help support young people to express their views and how they are feeling .
- The App is helpful in supporting young people with SEND who may struggle to have a voice.
- It can help you to look after your own wellbeing and support you to express your views about things that are important to you.
- Your views, wishes and feelings are important and it is essential to get your voice heard.



You can download the App from Google play or the App store.



For further information about Mind Of My Own, visit their website.

<https://mindofmyown.org.uk/>

or contact SENDIASS

01952 457176



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