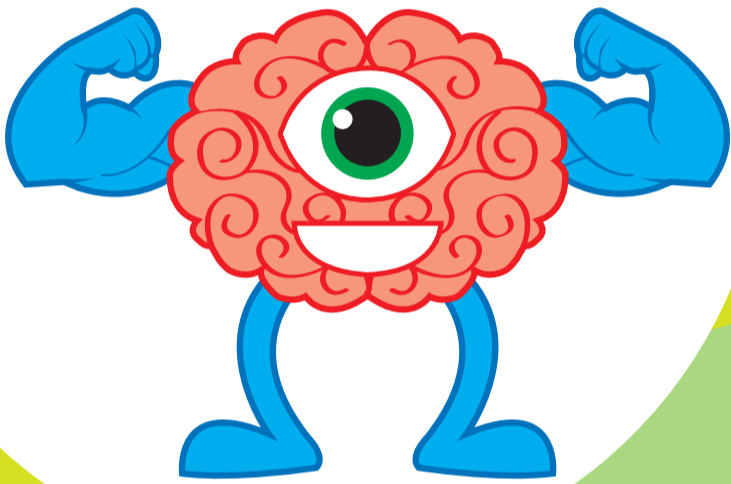




# MENTAL HEALTH COMES IN MANY FORMS

Healthy Minds Youth Project

#BeKindto myMind



Have you been affected by mental health? Could you use your mind to make a difference?

- Get involved in fun activities
- Meet new friends
- Join our small friendly group

It's time to talk... let's be open about young peoples mental health.

**Together we're going to build a better Bolton.**



Join our Healthy Minds Youth Project and help us Remove Stigma in Young People's Mental Health. We meet on the 1<sup>st</sup> Tuesday of every month - @ Castle Hill Youth Centre - From 5-7pm.

Contact: Ciara.Steele@bolton.gov.uk Text 07813692583 or Charlotte.Mitchell@boltonft.nhs.uk Phone 01204 390 659



# be kind to my mind

# time to talk

f be kind to my mind

t be kind to my mind

i be kind to my mind