



*Mind
wise*

A NEW VISION
FOR MENTAL HEALTH



LOTTERY FUNDED

**Information
for Children**

What is Happening?

The adults around you
were worried about you

They took you to see the doctor

The doctor sent you for
a meeting with us
OR
The doctor sent us a letter about you

We think that you might like our
**Family Wellness
Project**





Hi my name is.....

I am a Child and Family Support Worker with the **Family Wellness Project**.

I am coming to meet with you and your family to talk about how you are feeling. We can also talk about anything that you might be worried about.

I will try and help you and your family to come up with ideas on how to make you feel better.

I will try to answer any questions you might have about my work when we first meet. The adults around you will then decide if there will be more meetings.

I look forward to meeting you.

See you soon :-)

After reading this leaflet you may have some questions.

You can use this page to write down your questions or make a drawing about how you are feeling.

You can then ask me your questions or show me your picture when we meet.



A large, empty rectangular box with a white background and a thin black border, intended for a drawing or writing. It is positioned in the lower half of the page.