



Open Minds

Emotional Health & Wellbeing Education



Calderdale Council

part of Calderdale's Emotional Health & Wellbeing Transformation Plan

WE'RE DEVELOPING AN AWARENESS / EDUCATION PROGRAMME ABOUT

SELF INJURY **SELF HARM**

AND WE'RE SEEKING VOLUNTEERS WHO HAVE PERSONAL EXPERIENCE TO HELP

This NEW project will work with children & young people in primary & secondary schools throughout Calderdale

RAISING AWARENESS

improving **SELF-ESTEEM**

getting **SUPPORT**



COPING STRATEGIES



We're looking for people who want to share their experience positively to help others.

There are lots of different ways you can get involved, from advising on what to say and choosing suitable resources, to speaking to young people about your experience.

You can be involved a little or a lot and we'll support you all the way.

To find out more

Call Nicola or Tara on **01422 345154**

or email **info@healthymindscalderdale.co.uk**