Mental Health Monsters

We all face our own mental health monsters, so take a moment to design your own! Create a monster that represents your experiences and reminds you that, no matter what you're facing, you're stronger than you think.

Draw your monster! What does your mental health monster look like? It can be any shape, size or colour you like!

My monster's name is

.....

What's one thing your monster would say?

.....

What helps your monster feel smaller?

.....

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Young Person's Advisory Service

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