



Your Mission, should you choose to take it!

You are enlisted as a Special Adviser (SA)

The SA's are the best in the business...you can do anything!!

You have experience of how sometimes things aren't done right and it can leave you feeling anxious, feeling down, upset or cross.

You have been enlisted because you are an 'Expert by Experience'.

Your ideas about how we can do things differently will help us change things for the better.

You can help younger children and young people/adults like you get the best help they need, when they need it most .

We want to make sure that we listen to what you have to say so that we can help everyone to have good mental health and feel happy and healthy.



We need you to design the perfect community based on your experiences.

A community is where you live, where you study/work, where you go to have fun, where you shop and get the things you need as well as your friends and family.

You must do your ground rules first, all crack teams do this.

There are big themed areas to look at.

There are picture cards to go with each theme and in turn you can pick a card to help you talk about it with each other.

It is vital that someone in your team keeps a record of your ideas and decisions.

You can do this in lots of fun ways, your support worker/ teacher will help with this.

We need your ideas and help to be able to change how we support you to feel happy and healthy in your community.