

YOUTH MENTAL HEALTH FIRST AID KIT

DON'T BOX UP YOUR EMOTIONS



PROMOTE POSITIVE MENTAL HEALTH COPING MECHANISMS
AND STRATEGIES AMONGST YOUNG PEOPLE!

GOT YOUR ATTENTION?

WHAT CAN THE MENTAL HEALTH FIRST AID KIT INCLUDE?



TO DOWNLOAD ALL THE TOOLS FROM OUR
MENTAL HEALTH FIRST AID KIT GO TO WWW.CHILYPEP.ORG.UK