



Does anyone listen, **REALLY** listen – to just you?



Mind of My Own is a great way to put down
your thoughts and send them to those
who need to hear from you.



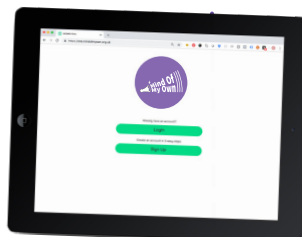
support@mindofmyown.org.uk
www.mindofmyown.org.uk
@MindOfMyOwnApp



STEP 1

Go to **one.mindofmyown.org.uk** and either sign up to a new account or log in to your existing account.

You can also download the app from either the Apple App Store or the Google Play store



STEP 2

Choose a scenario to complete - you can

'prepare for a meeting', 'share good news'

or you might want to **'sort a problem'**

STEP 3

Answer as many of the questions as you like and add more information where you want to.

Once you have finished, click on

'preview your statement'

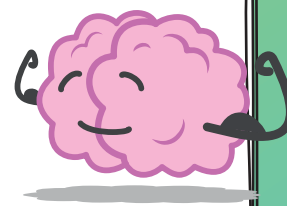


STEP 4

Now that you have created a statement, you will get a dropdown menu with options to send it to a professional that you trust.

For example, your: **Social Worker, Support Worker, Teacher, or someone else.**

If the person you want to send it to is not in the list, you can type up their email yourself and send it to them that way



STEP 5

After selecting who you want to send the statement to, click on send



Your worker will receive an email to **download/read the statement** and will get back to you.

Do you like what you hear? Scan the QR code to the right to go to the website



STEP 6

If you sent a statement about a meeting, a few days later you can also choose the scenario

'How did the meeting go?'

to say what has happened and how satisfied you were with the meeting.

Then you can also send this feedback to your worker and/or their Manager.

