



# 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.



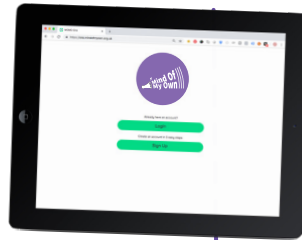
support@mindofmyown.org.uk  
www.mindofmyown.org.uk  
@MindOfMyOwnApp



## 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 topic to complete - you can **'prepare for a meeting'**, **'share good news'** let someone know how you're feeling or **'sort a problem'**

## STEP 3

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

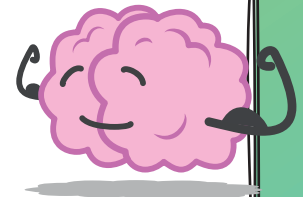
Once you have finished, click on **'preview your statement'**



## 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.**



## STEP 5

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



Your worker receives an email to **download/read your 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 share your views about how it went.

Then you can send this to the person that needs to know