

# YOUR MIND MATTERS

Are you from a serving, reservist or veteran family?  
Have you heard about **Your Mind Matters**?

**Your Mind Matters** can help children and young people from armed forces and veteran families to better understand and improve their mental health and wellbeing.

There are lots of things about life in an armed forces or veteran family that can affect how you feel on a day-to-day basis – that is why we have worked with young people from armed forces and veteran families to co-create a mental health and wellbeing digital platform just for you!

## What the Your Mind Matters digital platform has to offer:

You will find top tips, information and advice on mental health and wellbeing. Complete our wellbeing quiz to learn about self-care styles which will work for you. You can ask our team questions – they will be more than happy to help – plus much more!

**Why not check it out and find out more?**  
**Scan the QR code on the right or visit**  
**[ForcesChildrenScotland.org.uk/Your-Mind-Matters](https://ForcesChildrenScotland.org.uk/Your-Mind-Matters)**

