

# 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.

Lots of things about life in armed forces and veteran families can affect how you feel on a day-to-day basis – that's 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'll find lots of top tips, information and advice on mental health and wellbeing topics. Complete our wellbeing quiz to learn about self-care styles which will work for you. 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)**



# FORCES CHILDREN SCOTLAND

## Your Mind Matters is delivered by Forces Children Scotland

Forces Children Scotland supports children and young people from serving, reservist and veteran families across Scotland.

We co-produce projects and services directly with young people to help them overcome unique challenges to education and learning, mental health and wellbeing, and so much more.

We deliver life-changing experiences which forge new connections through shared experiences and a sense of belonging. We amplify lived experience, develop new skills and build confidence.

We provide financial support to armed forces and veteran families in crisis. We help young carers to look after their loved ones and students to gain qualifications at college and university.

Learn more about our work at [ForcesChildrenScotland.org.uk](https://ForcesChildrenScotland.org.uk) or scan the QR code on the right

