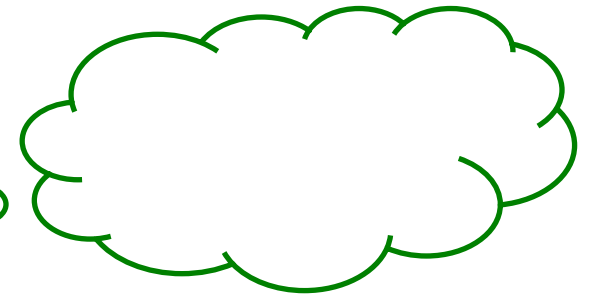


Vision Board



In the future I want to be (job/college/
university/family/house)....

To get there I'm going to need...

Things I am already good at that will
help me achieve this...

Think about the people
who love you. How can
they help?

Some helpful apps/websites for finding
out information and seeking support:

Headspace (App for mindfulness)

www.kooth.com

www.nopanic.org

www.themix.org/get-support/speak-to-our-team

www.mind.org.uk/information-support/helplines