

BARNARDO'S HYPE

HELPING YOUNG PEOPLE ENGAGE

WHO ARE WE?

HYPE IS A SERVICE FOR PEOPLE AGED 21 AND UNDER WHO HAVE ACCESSED MENTAL HEALTH SERVICES

WE WANT TO HELP YOU GET YOUR VOICE HEARD WITHIN SERVICES!

WHAT IS THE HYPE BLOG?

A PLATFORM TO SHARE YOUR THOUGHTS, EXPERIENCES, AND TOP TIPS WITH OTHERS

WHAT YOU HAVE TO SAY IS VERY IMPORTANT, AND DESERVES TO BE HEARD!

WHAT ARE WE LOOKING FOR?

HOW ARE YOU STAYING MENTALLY HEALTHY DURING COVID-19?

WHAT IS HELPING YOU?

WHAT DOES YOUR DAILY ROUTINE LOOK LIKE?

WHAT ARE YOUR FAVOURITE COPING STRATEGIES?

GOT SOMETHING ELSE YOU WANT TO SHARE? THAT'S GOOD TOO!

QUESTIONS?

CAN MY POST BE ANONYMOUS? ABSOLUTELY!

CAN I WRITE ABOUT XYZ? PROBABLY! WE WILL BE CHECKING TO MAKE SURE POSTS ARE NOT PROMOTING HARMFUL BEHAVIOURS OR SHARING PERSONAL DETAILS, BUT ANYTHING YOU WANT TO WRITE ABOUT SHOULD BE FINE. WE WILL EXPLAIN TO YOU WHY WE DO NOT FEEL SOMETHING IS APPROPRIATE, IF THAT'S THE CASE.

I'M NOT VERY CREATIVE. CAN I STILL JOIN IN? YEP! IF YOU DON'T FEEL COMFORTABLE USING CANVA, YOU CAN SEND US YOUR SUBMISSION AND WE CAN FORMAT IT FOR YOU. WE CAN ALSO SUPPORT YOU TO USE CANVA IF YOU WANT TO GIVE IT A GO!

ANOTHER QUESTION? DROP US A MESSAGE OR EMAIL US AT ... AND WE'LL REPLY AS SOON AS WE CAN!

HOW CAN YOU GET INVOLVED?

MESSAGE US ON FACEBOOK AT BARNARDO'S HYPE BLOG

OR

EMAIL US AT [HYPE@BARNARDOS.ORG.UK](mailto:hype@barnardos.org.uk)