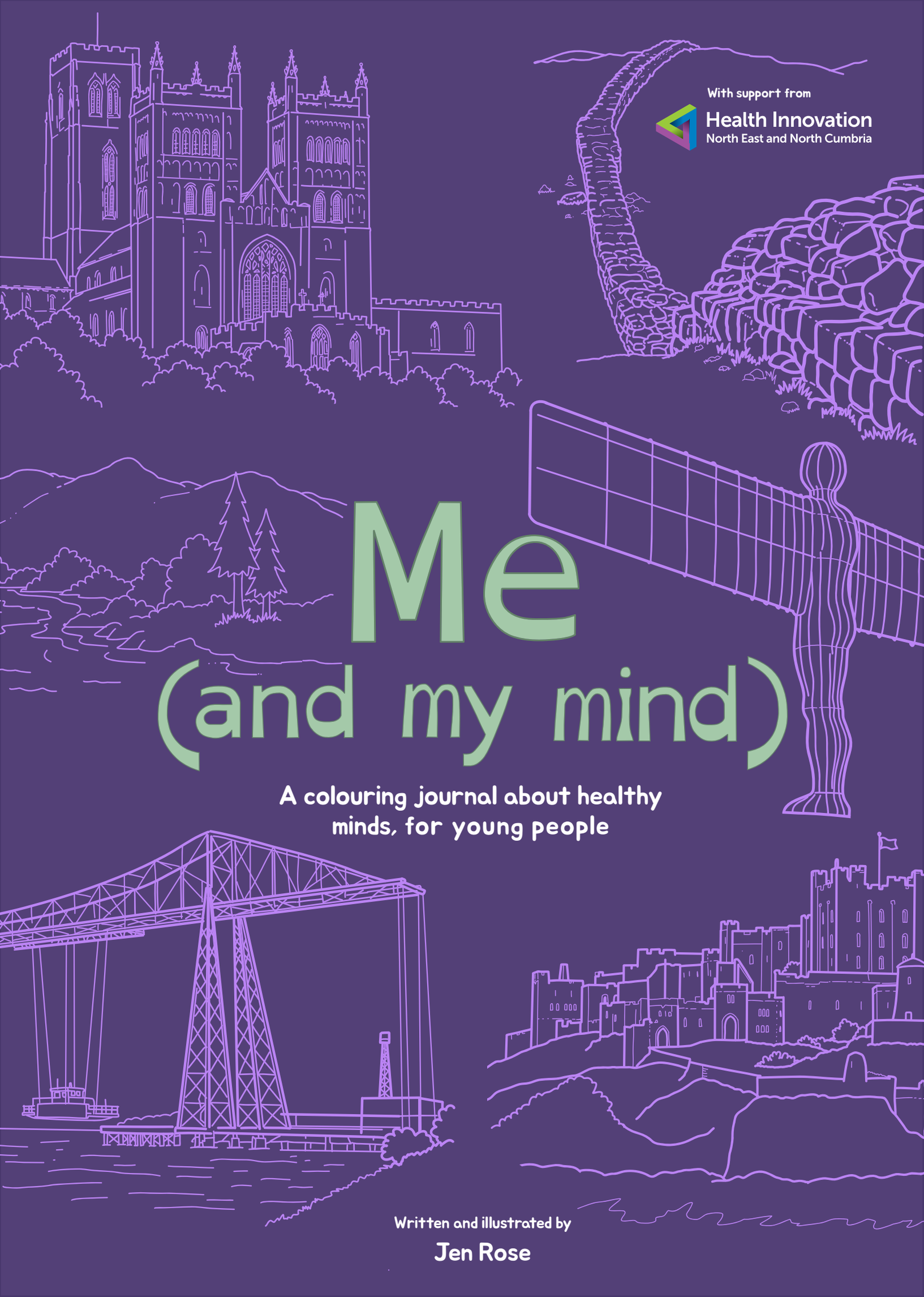


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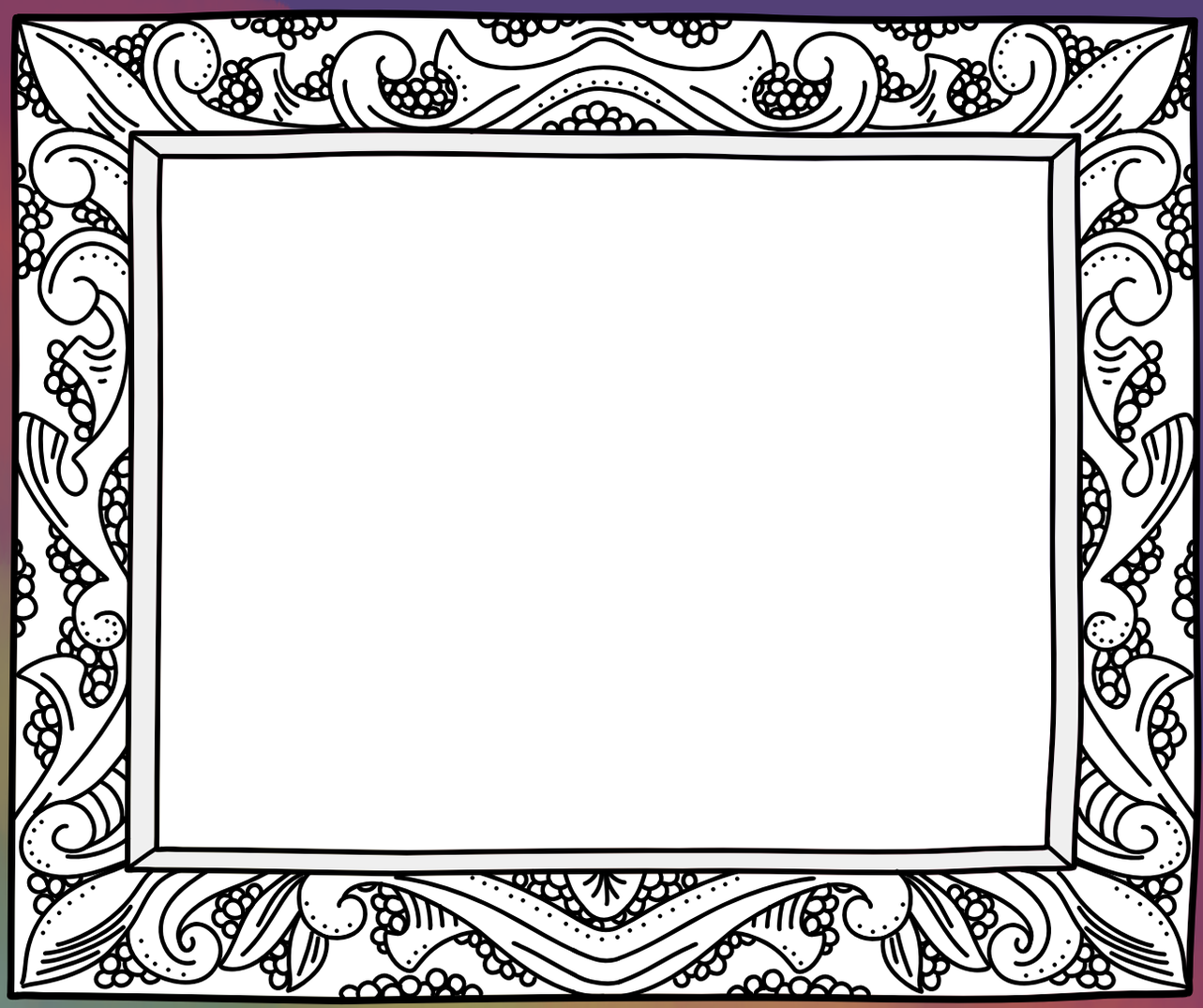
Me (and my mind)

A colouring journal about healthy minds, for young people

Written and illustrated by

Jen Rose

We all know it's important to be healthy, and we know to look after our bodies. But did you know that looking after our minds is really important too...?



This journal belongs to....

What will you draw here? Make it as colourful, creative and cool as you like!

Health Innovation
North East and North Cumbria

This journal is supported by Health Innovation North East and North Cumbria.

Health Innovation North East and North Cumbria (HI NENC) assists the NHS to find, test and spread spreading effective innovations to improve health and care in the region. By working with healthcare organisations, industry, and communities, HI NENC speeds up the adoption of new technologies, services, and methods that improve patient outcomes and experiences, support the reduction of inequalities, and boost the regional economy.