



## **#STAMPOUTSTIGMA** 2022 COMPETITION FOR UNDER 18S

HOW DO YOU LOOK AFTER YOUR MENTAL HEALTH?

These headphones help
keep control

THE SOS CAMPAIGN AND
COMPETITION TO WIN £50
AMAZON VOUCHERS

SIMPLY CREATE A PICTURE TO SHOW HOW YOU TAKE CARE OF YOUR OWN EMOTIONAL AND MENTAL HEALTH

drawing,
painting,
photography,
arts and
crafts and
more can be
submitted!

Submit work:

SOS@beacon-counselling.org.uk Include: Name, Age & School

Deadline: 12th JUNE 2022