

INSIDE OUT DAY



'Inside Out Day' is a day for **everyone** to be involved in because **everyone matters**. It is a day when we think about mental health. Mental health relates to how we think and feel and how we manage difficult situations.

WHAT IS INSIDE OUT DAY ABOUT?

It is about being kind to yourself and being kind to others

It is about raising awareness that it can be difficult to know how a person might be feeling (they might feel upset but might not tell anyone or may not show it)

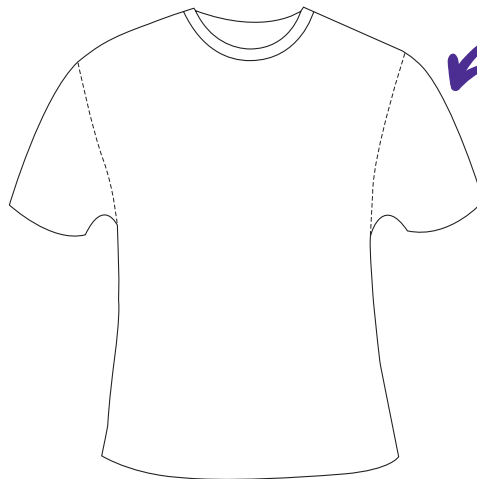
It is about improving the health and well-being of young people

WHAT DO PEOPLE DO ON INSIDE OUT DAY?

Some people who are taking part are going to wear a t-shirt inside out but not everyone wants to do that and that is OK. There are other options because it is important that everyone feels comfortable about being involved.

OTHER OPTIONS.

1. Wear your favourite t-shirt on Inside out day.



MY FAVOURITE T-SHIRT

2. **Decorate** a t-shirt with the words **BE KIND**. (Some people might need help with ideas about how to decorate their t-shirt whereas other people will be able to think of their own.)



WHAT ELSE MIGHT HAPPEN ON INSIDE OUT DAY?

The types of activities you might be involved in could include watching a speaker talk about mental health or taking part in discussions, but the people who are leading your event should let you know what is going to happen in advance (before the day) so that you are well prepared and know what to expect.

