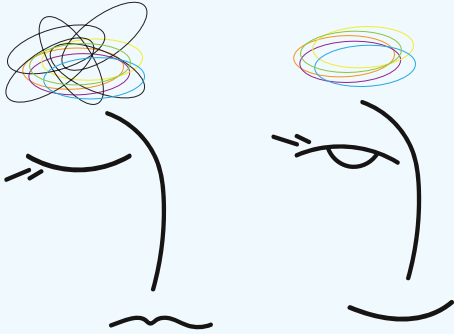


# HAVE YOUR VOICE HEARD



## WHAT'S IT ALL ABOUT?

- Mental health is a hugely important topic for care experienced young people
- We are PAC - a group of care experienced young people - and we want to know how mental health services could work better

## WHO CAN TAKE PART?

- Any care experienced young person aged 12 to 26

## WHY DO WE NEED YOU?

- This research is being done by young people, for young people
- Only you can tell us how services can work better for people like you

## WHAT CAN I DO?

- Fill out the survey by using the QR code or going to the link below
- It will take around 10 minutes to complete
- You can also win a shopping voucher **£20!**

**SURVEY - <https://www.smartsurvey.co.uk/s/PACmentalhealth/>**

**If you wish a hard copy of the survey please phone:  
Children's Rights Service - 0141 276 5631**

