

The 'Say It Out LOUD' Charter

- To support Mental Health and Wellbeing



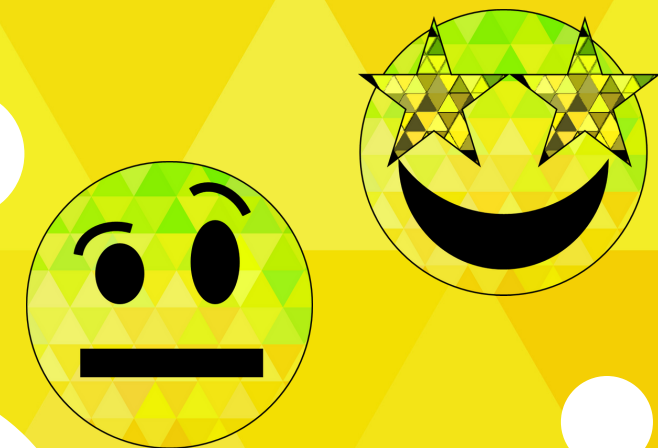
What young people in South Ayrshire want schools to know...



We have a platform to make a difference and we believe that the **Say It Out LOUD** Charter can help reduce barriers felt by young people

The Charter is based on a Whole School Approach

“My mental health is everyone’s responsibility”
- young person (15)



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