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We are holding a session in partnership with Healthwatch Suffolk around young people's mental health

MS Teams meeting: Monday 8 November, 4-5pm

My Health, Our Future (MHoF) is a programme of work from Healthwatch Suffolk exploring the mental health and wellbeing of children and young people in Suffolk.

This yearly online survey gathers the views of more than 30,000 young people aged 11-25. It has influenced the support that schools provide for mental health and wellbeing, as well as the local NHS.

Hear about the work so far and the impact the survey has had. You can also put forward your ideas about the work and say what else could be done.

Contact Sophie Davies, People Participation Lead, for the link on 07342 066589 or email sophie.davies@nsft.nhs.uk

If you would like to be involved but are unable to make the session, or would prefer to meet individually, then please get in touch.