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## Design a Bookmark

The winning design will receive a £50 Voucher to a store of their Choice!

This is a great activity for the upcoming half-term, or a fun thing to do as part of World Book Day coming up in March!

This is open for all children, schools and children's services in Suffolk and its borders.

We are looking for a design with advice you would give another child or teen of school age, who is feeling something difficult they need support with that we haven't already covered below.



### How to enter:

1. Create your design
2. Add your message
4. Ask a parent, carer or teacher to send us your design to [dylan@teenagementalhealth.co.uk](mailto:dylan@teenagementalhealth.co.uk), by post or post a picture to our social media.
5. Do this by 14.03.2024. If we want to use any part of your design we will contact you to let you know and send you a special thank you gift.



Your First Name and Initials : \_\_\_\_\_ (Example: Albus, D)

Your age: \_\_\_\_\_ (Example: 115 Years)

Your school: \_\_\_\_\_ (Example: Hogwarts School of Wizardry and Witchcraft)

Your Message: (Can you do it in 50 words or less? Don't worry if not though :)