



Teenage Mental Health
31 Lower Brook Street
Ipswich
Suffolk
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Teenage Mental Health are going to provide bookmarks FOR FREE to schools in Suffolk that will have helpful advice on struggling with feelings of Anxiety or about Self harm, or Negative Thoughts for high school aged students.

For the launch of our Bookmark Campaign this year, Teenage Mental Health invite you to enter our Bookmark Design Competition.

All you have to do is design a book mark with a positive message of something you would say to a friend struggling with any of these issues.



How to enter:

1. Create your design
2. Add your message of no more than 50 words (no minimum)
3. Ask a parent, carer or teacher to send us your design with the following information.
 - ⇒ Your first name and initials (Example: Albus, D)
 - ⇒ Your age (115 Years)
 - ⇒ Your school you go to (Example: Hogwarts School of Wizardry and Witchcraft)
4. Get your entry to us by 28.02.2021

Ask your parent, carer or teacher to send your entry to us at Teenage Mental Health. If we want to use any part of your design we will contact them to let you know and send you a special thank you gift.



Entries need to be received by Monday 28.02.2021 (PM)

Parents, carers or teachers can email entries to:

Dylan@teenagementalhealth.co.uk

You can also deliver your originals to:

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ

Or upload a picture to our Facebook Page

 @TeenageMentalHealthIpswich



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

Your age: _____ (Example: 115 Years)

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

A large, empty rounded rectangular box with a dark blue border, intended for a drawing or a written message.