

WELSH YOUTH PARLIAMENT



MENTAL HEALTH SURVEY

Our **mental health** affects how we **think, feel** and **act**. It can lead to **stress, anxiety, low mood, worry, anger, sadness** and **loneliness**.

The **Welsh Youth Parliament** would like to hear
YOUR
views about **mental health**.

This will help to understand what issues the Welsh Youth Parliament need to focus on and inform their work in holding the Welsh Government to account.

COMPLETE THE SURVEY TODAY!
(or by 12 October 2022)



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USE YOUR VOICE!