

Contents

The My Mind Star flashcards are for use with young people. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 11 cards in total including:

- 7 Star area flashcards
- 5 Journey of Change flashcards
- Cover and copyright card
- This contents and "How to print" card

My Mind Star™

The Outcomes Star for young people's mental health and well-being

feelings & emotions

healthy lifestyle

where you live

Not for use
Sample for information only

Copyright information

Triangle Consulting Social Enterprise Ltd is the copyright holder of My Mind Star. In order to support consistency of use and effective implementation, the creation of derivative works is strictly prohibited and users are required to buy a licence and obtain all workers using the materials with young people. See the website for full copyright information www.outcomesstar.co.uk

This version of the Outcomes Star is for young people who are experiencing poor mental health, including low mood, stress, anxiety, anger, sleeplessness or self-harming, or who have a diagnosed mental health condition. It is intended for use in early intervention services that aim to prevent the onset or development of a mental health condition wherever possible, and to fill the gap in mental health services before one is diagnosed. This Star may also be used to support young people in managing a mental health condition.

How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

- Set the document to print in colour or black and white, double-sided, long-edge binding.
- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at “scale to print” and trim off the white border.
- A professional-print pdf with full 3mm bleed is available should you wish to get the cards professionally printed on to cardstock.

Journey of Change
My Mind Star™



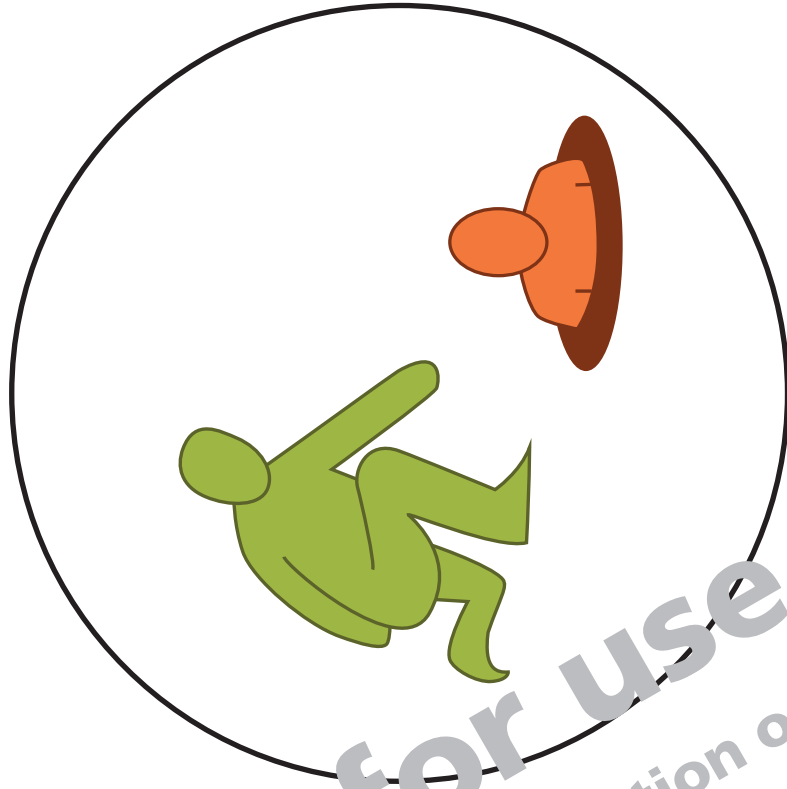
Talking about it

Want to use this Star?
Visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk
or 020 7272 8765



Journey of Change
My Mind Star™



1 Stuck or unsafe

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Sample for information only



1 Stuck or unsafe

- Not believing things can change
- Don't know what to do
- Don't want to talk about it
- No one can help

Not for use
Sample for information only

2 Talking about it

- Recognising you need help
- Talking to an adult you trust
- Opening up
- But... not yet making changes yourself

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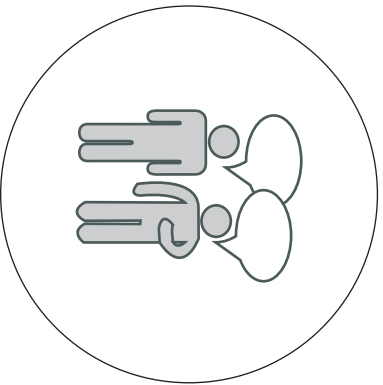
The Journey of Change

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The Journey of Change

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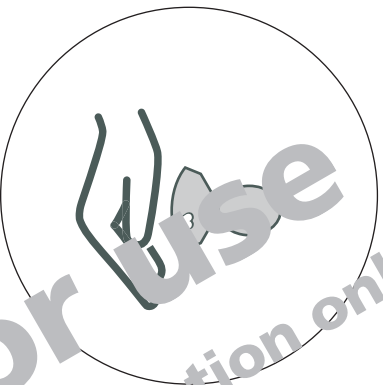
Friends and relationships



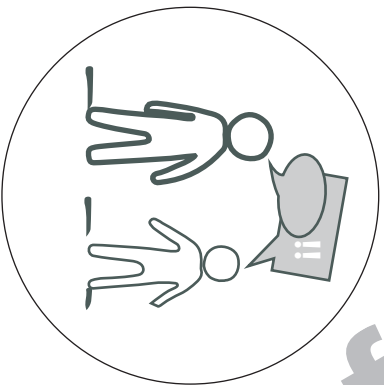
Having support



Healthy relationships

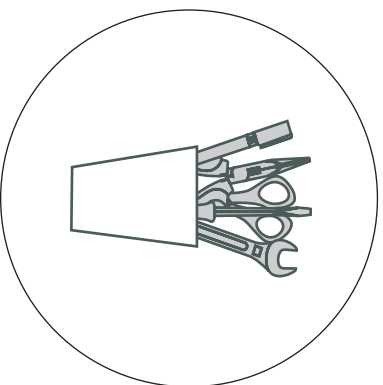


Friends, family or other



Bullying

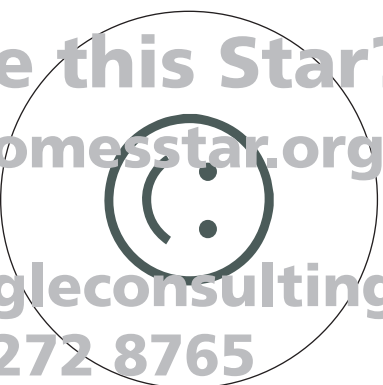
School, training and work



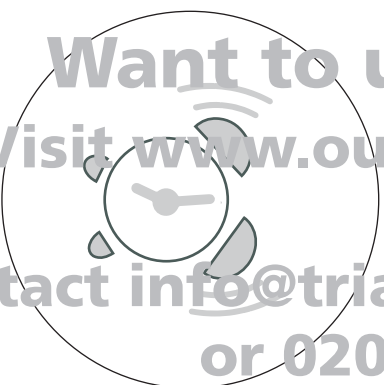
Managing with learning or work



Coping with exams



Enjoying learning



Being on time

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Self-esteem

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How you use your
time



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