

Mind of My Own One Top Tips

1. Once you have completed your statement and chosen who you want to send it to, don't forget to **CLICK SEND**. Otherwise, the person you want to read your views won't see it.
2. You can change your details like your email address or where you live at any time by clicking on the profile icon. You will find it at the top of the screen. 
3. When you answer questions, if you don't want to add written explanations for your feelings, you don't have to. Just click the purple X and the app will still record your choice!



What if I need to talk to someone straight away?

Mind of My Own is not an emergency app. Your worker will not receive your statement immediately, especially if you send it in the evening or at the weekend. If you need to talk to someone **straight away**, you can contact **Childline** on 0800 1111 or visit their website at www.childline.org.uk/

You will also see a link to Childline when you sign into your Mind of My Own account. If you use Mind of My Own on a mobile phone and click the **Childline** logo, you have the option to make a free phone call to Childline.



What do young people say about Mind of My Own?

"It's an amazing app for young people in care like me."

James, young person.

"It helps me and hopefully others to be more organised."

Chelsea, young person

"I sent a complaint to my advocate, social worker and participation worker. I felt a lot more at ease that I had done something and I knew when they got into the office or checked their emails, they'd see it."

David, young person

We would love to hear your thoughts on Mind of My Own!

Please email us at:

VSK_Participation@kent.gov.uk



Mind Of My Own One is an app that makes it easier for children and young people to express their views and for workers to respond to them.

Sometimes it can be pretty hard to express how you are feeling to your care workers. Whether you're worried about something, not happy about how things are going or even just want to share some good news, the One app can help with this, allowing you to express feelings that can be hard to do face to face. Your feelings and opinions get sent straight to the workers you want so you can have peace of mind.



<http://mindofmyown.org.uk/>

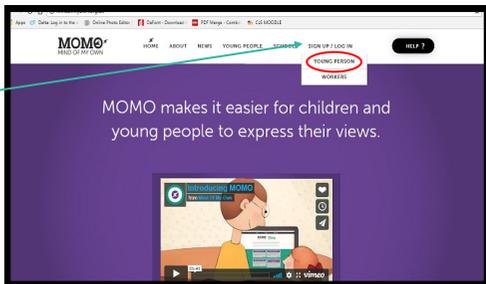
Available for download on IOS and Android too!

How to sign up and use



Step 1: Download the Mind of My Own app for free. Don't worry if you can't though - you can access it online too <https://app.mindofmyown.org.uk>

Step 2: Open the Mind of My Own website or open the app to begin your sign up process.



Sign up

Full Name _____

Email _____

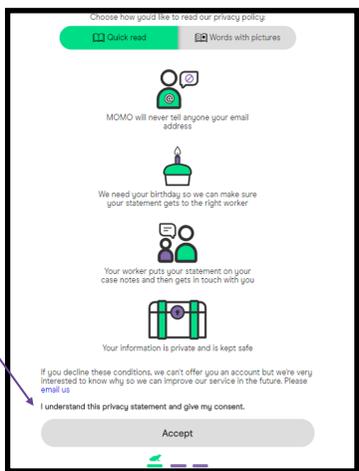
Password _____

Confirm password _____

Day | Month | Year | D.O.B

Step 3: Start by adding your whole name, email address and date of birth. Choose a safe but memorable password for your account.

Step 4: Mind of My Own explain why they ask for this information. You can choose a Quick Read version or Words with Pictures. You will need to 'Accept' this to continue the sign up process.



Step 5: Add the town you live in or the town that is nearest to where you live.

Where do you live?

_____ will need this information to find out the services near you

_____ inbridge

→

What services do you use?

Select all of the services that you use (this could be more than one)

- Kent Children's Services
- Havering Children's Services
- Medway Children's Services
- Sutton Children's Services

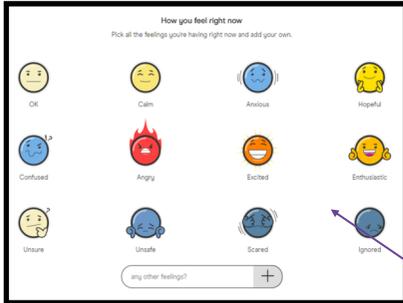
Step 6: Make sure you choose Kent Children's Services from the list.



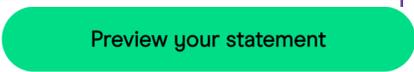
Step 7: There are plenty of options to choose from once you have signed up. These are called scenarios.



Step 8: You will be asked a series of questions. However you are feeling, just click or write it down. You can add as much or as little information as you like.



Step 9: When you are finished, click



Step 10: You can now see your statement. Click on



You will see a list of workers. Choose the one you want. If the person you want to read your statement is not listed, click 'Someone Else'. If you know their email address, you can still send it to them.

Step 11: Now 'Accept' the privacy statement if you are happy with it and press

