

# Mind Of My Own **ONE**

An app for young people in West Sussex



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I'm here to help you get problems sorted, prepare for meetings and express your views, wishes and feelings to the people who support you.

Tell me what you want to say and when you're done I'll give you a choice of who to send it to.

Mind Of My Own keeps what you say confidential. You choose which workers to send your views to. You control your account, no personal data is stored on your device or computer.

[mindofmyown.org.uk](http://mindofmyown.org.uk)



Download and sign up today

