

CAN'T TALK? - WRITE



If your child is struggling to talk about their feelings at the moment, they might feel better writing them down.

Royal Mail and Action for Children have worked together to make this pack for 11 - 18 year olds to help express their feelings.

Please see the link below for the full resource.

https://www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/?utm_source=corporate&utm_medium=referral&utm_campaign=&utm_content=cant-talk-write-royal-mail

