

Draw Your Mental Health

See what's going on in your head

The unfacilitated version

How to play

- Grab some paper and coloured pens.
- Draw your mental health (there is no wrong way to do this use images, words, or symbols).
- Take a minute to reflect on what you have drawn.
- If you are playing with others then share your work and discuss the experience. *"How did it make you feel? Did the task come naturally? Was it difficult? Why?"*

Top tip

You could start by putting your pen on the paper and just see where the line takes you or by drawing something literal to represent your mental health now, in the past or what you hope for in the future.

**What's going on
in your head?**



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Mental Health
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