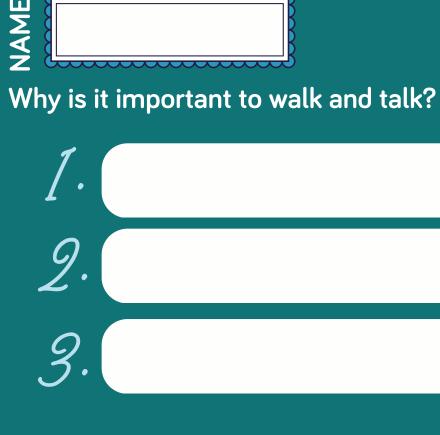


## DURING OUR WALK AND TALK, MY PARTNER TOLD ME...



Following your walk and talk, think about what you have learnt, how it has made you feel and think about what you will promise to do in the future.

I promise that I will...









## TODAY I WALKED AND TALKED TO IMPROVE MY MENTAL HEALTH



Name of student/school:

#EssexWalkandTalk







Name of school:

## ARE SUPPORTING MENTAL HEALTH WEEK, BECAUSE...

#EssexWalkandTalk