



A Mental Health and Emotional Wellbeing project for children.



SCAN ME

A proven solution that works!

Especially for Fathers, Mothers or Grandparents to read with kids.

ROXY SAYS YOU ARE HERE - NEW REVISED 2023 EDITION

**NEW REVISED 2023 EDITION**

A Mental Health book for 7-11 year olds

**Roxy Says....**

**"YOU ARE HERE"**

**BUILDING RESILIENCE**

**EMOTIONS**

**FEELINGS**

**STIGMA**

**CREATE A SAFE PLACE**

**The Adventures of Roxy the Dog**

"An interactive mental health story and workbook for adults to read with children to build resilience"

By Andrew Samuels  
Illustrated by Jess Morton and the Hillingdon Mind Art Group

- ★ Raises awareness of mental health, reduces stigma and increases resilience.
- ★ Guides discussion about mental health, provides emotional vocabulary and promotes emotional intelligence.
- ★ Guided talking exercises, space for action plans with an emotional glossary and periodic surveys to measure changes.

**“This was a nice exercise to do with my son. He is not an anxious child on the outside but is very soft on the inside so it was good for him to read and relate. We are an open family so he now realises how important our open talks are. Thank you!”**

*“Not only does it heighten this special bond, but it also ensures that children know they have a dependable adult to trust and approach in the future about such matters if need be.”*

*“I would say this is a really really practical book....very simple to understand. The language used is very simple....I have done many child minding and wellbeing courses but this is the one I was looking for.”*

[www.mind-angels.com/reviews](http://www.mind-angels.com/reviews)

**Use this workbook to help children talk about their emotions and feelings and open the doors to emotional wellbeing. Help them to develop communication life skills and good coping strategies to manage and master for greater well-being and good relationships.**