



# My Opinions Matter

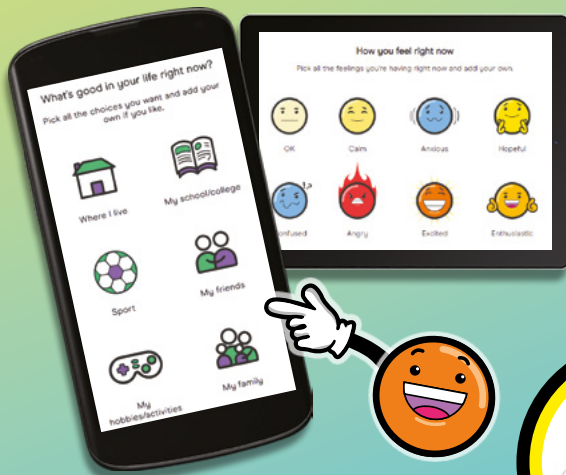


“Mind of my Own apps can help you say what you want to say and help you talk to your workers before, during and after meetings.”

**Mind of My Own** can be used by us all, it's so easy, you can share it with workers who support you but only if and when you want to.

**Take control:** We love that the app is safe, private and gives us the chance to say how we feel in our own time.

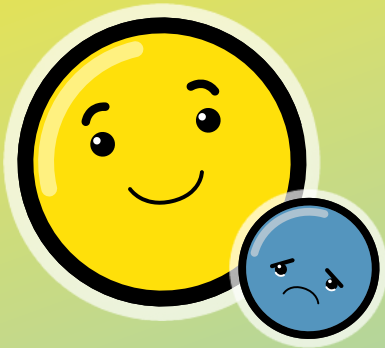
**Be heard:** The apps let us use our true voice and communicate with our workers in a different way.



Ask your worker about **Mind of My Own** today and sign up for your One app account at [one.mindofmyown.org.uk](https://one.mindofmyown.org.uk)



For more help and support around Mind of My Own please contact your worker or email your questions to [CSCParticipationandEngagement@durham.gov.uk](mailto:CSCParticipationandEngagement@durham.gov.uk)



## You can download the Mind of My Own app from

The Mind of My Own webpage



The Apple store



Google Play store

