NHS
Kent and Medway
NHS and Social Care Partnership Trust

Journal notebook

Brilliant care through brilliant people

Triangle of Care
MEMBER

Why keep a Journal

There are a lot of reasons to start a journal in relation to your mental health. Writing things down can help your creativity flow, it can also help you to explore and eventually solve problems, and it will help you to be truthful to yourself about how you are feeling in your everyday life. Some people find it easier to write things down than talk to their family and friends.

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Thank you to the particularly brilliant Justine Norris our Occupational therapist at the North East Kent Crisis Resolution and Home Treatment Team for producing this.

Please call **01622 724131** if you would like this leaflet in a different language or format.

Visit us at www.kmpt.nhs.uk

Review April 2021 KM1218