

Your Cupboard

good things in store

imagine you have a cupboard where you can keep everything that helps you when you're feeling low.

What would you put in there?

It's an imaginary cupboard and as such it can hold not any things but also places, experiences, and even people!

But it can't contain things that are unhelpful.

Your cupboard is a place you can go to find what you need. It might be something sensory like a soft blanket, a warm bath, your favourite music or a cup of tea.

Or you might go there to reach out to the people who make you feel safe and grounded. It is a place for memories of good times and places you've been, and a place to get practical help.

Please remember if you or someone you know is feeling extremely low vulnerable it's crucial to get help.

Should there be an immediate safety concern call 999

Here are some support contact numbers should you need them.



Welcome to Your Cupboard

1. Choose from the prompts opposite to spark a memory, story, feeling or conversation.

2. Take your time.
Reflect, talk, write, draw or simply listen. There are no right or wrong answers.

3. Preserve your memory!
Write or draw your memory. You can use this page to safely store your treasured memories, thoughts and stories.

4. Share if you want to.
In a group, you can choose to share your memory with others. You only need to share what feels comfortable.

Remember: The Cupboard is a safe space to explore memories at your own pace. You can use it whenever you need a moment to reflect, connect or remember.

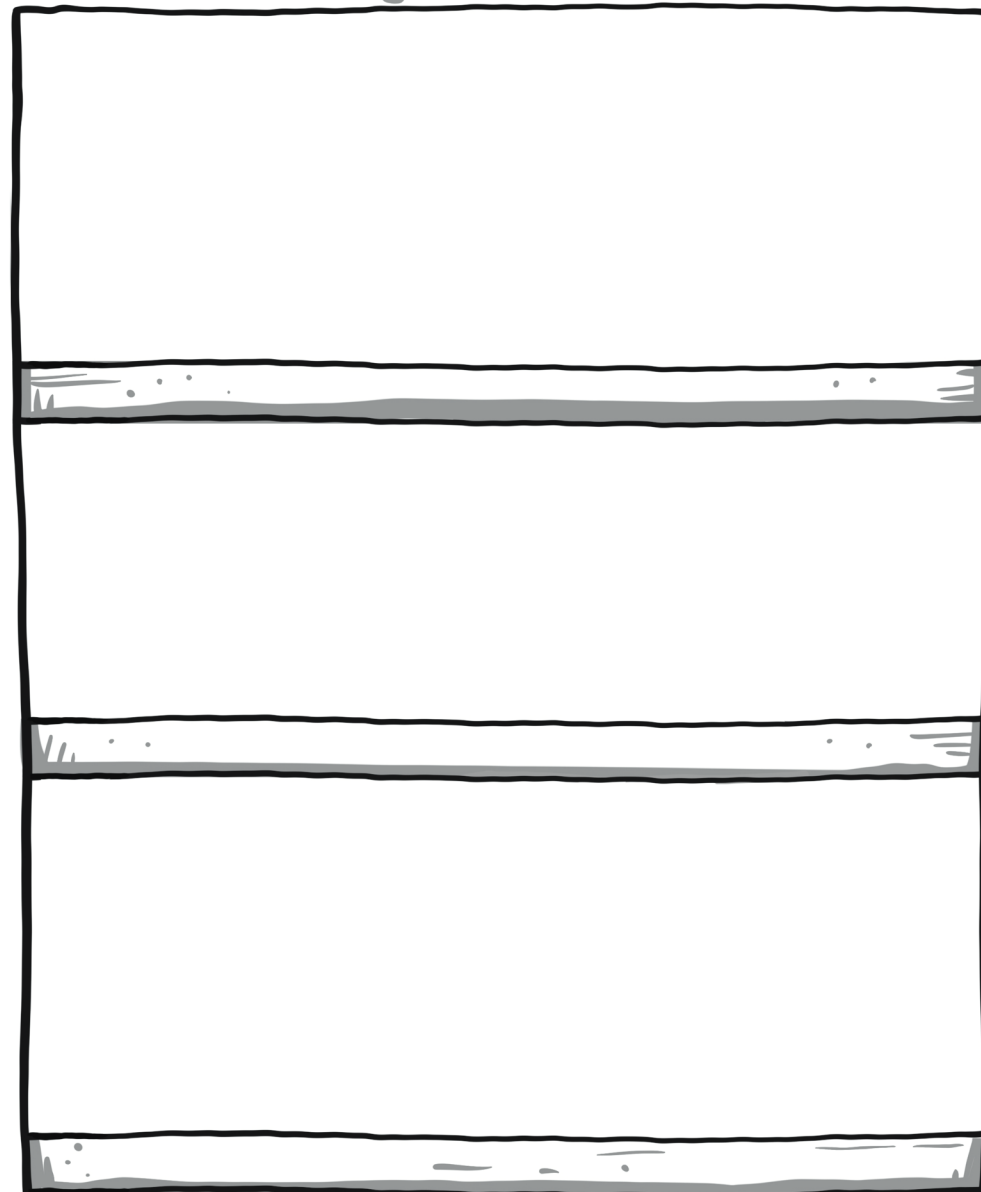
From now on, keep an eye out for new things to put in your cupboard!

Use this QR code to find out more about The Cupboard



Your Cupboard

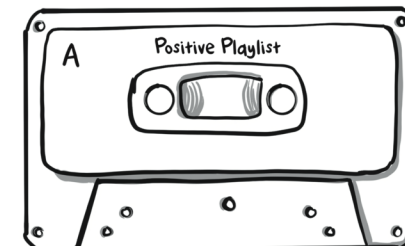
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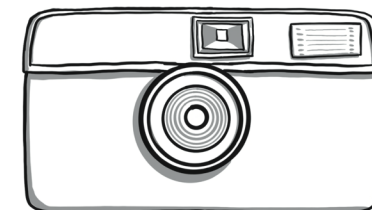
Write a message for future you



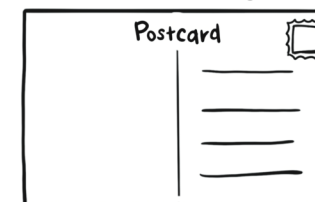
Collect small moments of joy over the week



Create a mixtape of uplifting sounds and music



Create an album of snapshots of positivity



Write a postcard from one of your favourite places