

Hidden Treasures



10 minutes

Key message: Finding messages about mental health in an unexpected location could have a thought provoking impact and provide a private space to think about them.

Activity:

Write any of the following on one side of the post-it note:

- One liners around how important it is to look after mental health
- Short top tips on how to look after mental health
- Empowering quotes about breaking down stigma
- Meaningful messages relating to mental health – including personal experiences

Leave the post-it notes in random places around the office, in cups, cupboards, tucked into in-trays and places where people are likely to stumble across them and not expect to do so.

Don't forget to write on the back of the post it note, asking finder to put the post it note in another random place for someone else to stumble across.



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