

East Riding Youth Council and Young Healthy Minds website consultation

- **Put like a little “how are you feeling meter” so when it says something like “not great” I was thinking maybe it could have a drop down menu to show coping strategies so for example colouring sheets, a list of breathing techniques in case people feel panicked just something I had in the back of my mind.**
- **Great content but needs to be more interactive – podcasts, games, music playlists, quizzes etc.**
- **Needs more colour.**
- **Different pages with information about topics like bullying, substance misuse etc.**