

THE QUICKEST & EASIEST WAY TO STAY IN TOUCH WITH YOUR SOCIAL WORKER

MOMO MIND OF MY OWN

USING MOMO:

- 1 Download the app or go to mindofmyown.org.uk and log into your account (or sign up if you haven't already).
- 2 Choose your situation from the list of many options available.
- 3 Answer the questions and add your comments.
- 4 Submit to whoever you would like this to go to by selecting them from the drop down bar.
- 5 Once you have submitted it to the person of your choice this will then be sent to the worker. Your worker will be in touch.



Download on the
App Store



GET IT ON
Google Play

USE IT ONLINE

MOMO HELPS YOU SAY **WHAT YOU WANT** **WHEN YOU WANT**



THE GOLDEN RULES OF MOMO...

- 1 **Sutton** - always make sure that you select "Sutton", even if you are placed out of borough.
- 2 **Not for emergencies** - MOMO is not an emergency service. In an emergency, contact the police, Childline or the out of hours number.
- 3 **Log out** - Remember to log out after you've finished if using a public or shared computer / device.

Telling people what you want and need can be difficult. MOMO can help you organise your thoughts and make it easier to tell your worker what you think. Your worker will get a better insight into what's going on, from your point of view.

You can use MOMO on your own, or with a worker. It's useful for when you want to get something off your chest, when you're preparing for a meeting, when you want to share some good news or if you want to get a problem sorted out or to make a complaint.

Web: suttonlscb.org.uk/lscb-children-in-care-council.php
Facebook: [facebook.com/tribecicc/](https://www.facebook.com/tribecicc/)
Twitter: twitter.com/tribecicc

