



Nottinghamshire Mental Health Support Team
www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams
 For referrals email: SPAReferrals@nottshc.nhs.uk or telephone 0115 8542299



Nottinghamshire Healthcare
 NHS Foundation Trust

How
are you
feeling?



Happy



Sad



Shy



Proud



Shocked/Surprised



Confused



Guilty



Hopeful

Emotions



Bored



Worried



Sorry



Hurt/Upset



Anger



Love



Tired



Scared



Embarrassed



Terror



Jealous



Excited

It's good to
share how
you're feeling



Scan Me