



Safe In Our World to Introduce New Video Games Mental Health Journal through Launch Event at Develop:Brighton

LONDON, UK – June 8, 2023 – Safe In Our World, the games industry’s mental health charity, is collaborating with Peregrine Coast Press to publish a brand-new video games mental health journal called *Sidekick* in July 2023. The journal will be introduced at its very own launch party, sponsored by [Uplift Games](#), at Develop:Brighton between 11:30am-1:30pm on Tuesday, July 11.

Sidekick: the video games mental health journal will give gamers and industry professionals alike the tools and resources to promote mental wellbeing through activities inspired by their favourite games. Readers can expect 140 pages filled with video game and mental-health-related activities, prompts, and journaling pages, offering a safe space for reflection and self-care.

Safe In Our World would like to extend a special thank you to *Sidekick* sponsors Uplift Games, journal designer Eryk Sawicki, and contributing illustrators Megan Dobbyn and Airship Interactive’s Tristan McGuire for their help in bringing the journal to life.



“We’ve been wanting to produce something physical to support the gaming community for a while now,” said Rosie Taylor, Content and Community Manager at Safe In Our World. “Studies suggest that journaling can have a positive impact on your mental health, so this seemed like the perfect, low-pressure way to get people thinking about their mental wellbeing and engaging with self-care.”

The journal launch event will give attendees the opportunity to get their hands on their very own copies of *Sidekick* in a space where they’re free to get creative and enjoy the activities and resources within. Consider the *Sidekick* launch event a pocket of calm in the middle of a bustling event – complete with tea, coffee, lunch, and self-care goody bags to see you through the rest of Develop:Brighton.

Find out more about the *Sidekick* launch event and book your tickets on [our Ticketsource page](#).

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About Safe In Our World

Safe In Our World is a registered charity in England and Wales no. 1183344. A team of seasoned gaming veterans passionate about mental health brainstormed for over two years over ways they could make a difference. Launched on World Mental Health Day on October 10th, 2019, its aims are to raise awareness of mental health within the video games industry and to provide resources, signpost help, and drive change for everyone connected with the industry – from developers, publishers, and service providers to content creators and players. Its initial mission is to create an online destination where people can seek help, gain access to resources and information, and discover stories from real people within and surrounding the games industry, with more detailed policies available via the website. Safe In Our World is a worldwide hub accessible for anyone in need.