

Place2Be's Children's Mental Health Week page:



You can visit their page for more info and some Children's Mental Health Week resource packs!

Children's Mental Health week

3-9th Feb

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB

Know yourself, Grow yourself

HERE4YOU
The Walt Disney Company

This year Children's Mental Health Week has partnered with Here4You, supported by Disney.

They have teamed up with the characters from **Inside Out 2** to explore the importance of expressing emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.

Being self-aware means understanding what we're good at and what we can improve. What makes us feel **JOY** and what may cause us **SADNESS**.

As we build a sense of self, we grow our ability to connect with others, develop our skills and develop our talents. From this we can form strong relationships equipped to cope with the challenges that life brings our way.



What is Children's Mental Health Week?


Place2Be created Children's Mental Health Week to empower, equip and give a voice to all children and young people in the UK.

It is so important we understand ourselves: our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role! Being aware of how to listen to and express ourselves is crucial for building self-awareness.

It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.

1 in 5 children and young people now have a probable mental health condition.

1,058	adults supporting the week
6,074	children supporting the week
20	schools supporting the week



Top Tips For Families

- 1 Make Space for Reflection**
Self-reflection can help young people better understand themselves - go for a walk, try some colouring or bake.
- 2 Be Visual**
Use imagery to help recognise and label feelings.
- 3 Encourage Journaling**
Some young people may enjoy writing in a journal to express their feelings. It can be less confronting and it helps to process our emotions.
- 4 Communication**
Feedback is crucial - creating supportive ways to share your own experience with your child can help them understand themselves.
- 5 Practice Mindfulness**
Try mindful activities to enjoy being in the present. This can help awareness of thoughts and emotions.



Top Tips For Children and Young People

- 1 Curiosity**
Be curious about yourself - You're fascinating! Take notice of your thoughts and feelings. You can use techniques like mindfulness, meditation or journaling.
- 2 What drives you most?**
Our values are often what make us tick - so what really matters to you? Are you ambitious? kind? funny? creative? Whatever makes you YOU!
- 3 Feedback, feedback, feedback**
Other people we know can often see things about us that we miss. These can be strengths or things we can develop. Either way it's beneficial to know to help guide us.
- 4 Get Creative**
Whether it's paint, music, dance, drama or something else entirely! Creativity can help us reach parts of ourselves that are sometimes hidden.



Know yourself, Grow yourself

What are some things we love doing?
What are some things that fill us with **fear** or **disgust**?
Sometimes we can feel overwhelmed with different emotions - **joy** then **sadness** then **anger** then **jealousy**, all at the same time.

How well do we really know ourselves?
These emotions help us understand ourselves better - what we like and dislike, where we feel comfortable or scared.

We also acknowledge that it may be hard to understand what we are feeling sometimes. It can be hard to put words to it. That is ok!
It doesn't mean you don't know yourself.
What could help: You could talk it out! or have some mindfulness time to think it through!



I can... I like to...

What can you do well?
This could be riding a bike, counting to 20...
Reflecting on what you're good at is always good to remember! Even the little things!

What helps you feel better when you are feeling down?
If your emotions are being particularly difficult to handle, what supports you?
This could be seeing friends or watching your favourite TV show....

THERE ARE NO 'BAD' OR 'WRONG' EMOTIONS. HOWEVER YOU FEEL IS IMPORTANT AND SHOULD BE RESPECTED

Important To Note:

Our identities are not our emotions!
The point of this theme is to understand ourselves further, not label ourselves as our feelings.

If we feel angry - we can acknowledge this feeling without it becoming our identity.
We sometimes feel angry - this does not make us an angry person.

Grab a post-it note!

Tips for Mental Health Self-Care:

Below are some of the tips mentioned above that you can take with you to remember them!

Just take what you need...

Make space for reflection	Try journaling	Communicate	Practice mindfulness	Be real with your thoughts and feelings	Feedback! Feedback!	Consider what drives you	Be curious about yourself and your feelings	Get creative!	Try focusing on the moment
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Good sources of support:

This Children's Mental Health week is a good time to clarify places you can reach out to when you feel like you need a little extra support! Or clubs you can take part in to support your mental health further:

Active for Life
A good charity promoting active lifestyles - this could help you practise mindfulness!

ACTIVE FOR LIFE

The Sussex Mental Health Line
You can call the Sussex mental health line that is available 24/7 by calling 111 and selecting the **mental health line** - this is an essential line for anyone concerned about someone's mental health

NHS
Sussex Partnership NHS Foundation Trust

Samaritans
You can call the Samaritans helpline at 116 123
This could be useful if you need to talk about you're emotions/feelings. **It's good to have someone to listen.**

SAMARITANS

Mind Brighton and Hove
The mind charity has vast amounts of info on how to manage your wellbeing. They have a whole page surrounding **Young People** and **Mental Health**.

Mind