

Children's Mental Health Week



Place2Be have set the theme of 'Lets Connect', making meaningful connections for all. For Children's Mental Health Week 2023, they are encouraging people to connect with others in healthy, rewarding, and meaningful ways. You can watch the video below to learn more about the theme.

https://youtu.be/wb8SDnS-M_M

Find out more and take part in Children's Mental Health Week, and help make a difference to the lives of children and young people across the UK, by visiting the Place2Be website [here](#).

Activities

Place2Be have lots of useful resources available for primary and secondary pupils. They include assembly guides, activities & fundraising ideas.

Some of the activities can be completed at school or at home with family and friends. Some of the activities include.....

- Let's Connect BINGO; this activity helps pupils make new connections.
- Let's Connect Party; this activity shows pupils that we can all connect.

There are also plenty more activities to choose from. View them all [here](#).

Share your participation

Help spread the news about Children's Mental Health Week using the **#ChildrensMentalHealthWeek** hashtag and tagging Connect for Health using the handles below.

Campaigns and Services

Place2Be Children's Mental Health Week

Place2Be's develop resources to help people participate in the week. From activity ideas and assembly guides to top tips and videos, the free resources help you explore mental health and wellbeing with the children and young people.



Time to Talk Day 2023

Time to Talk Day is run by Mind and Rethink Mental Illness in England. The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health.

Websites

www.mind.org.uk

www.youngminds.org.uk

www.selfharm.co.uk

www.time-to-change.org.uk

www.warwickshire.gov.uk/sorted (For self help books)

www.papyrus-uk.org

www.youthaccess.org.uk

www.themix.org.uk

www.annafreud.org

www.rcpsych.ac.uk/mental-health/parents-and-young-people

Apps

[SAM: Self-help for Anxiety Management](#)
[Headspace](#)



Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including emotional wellbeing, and can refer onwards to specialist services where required.



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