



Families - Children's Mental Health Week

Are you a parent or carer to a child or young person? Discover our free official Children's Mental Health Week resources for families. Get involved by browsing our free wellbeing activities. www.childrensmentalhealthweek.org.uk

Children's Mental Health Week is from 5-11 February 2024.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, the theme is 'My Voice Matters'.

Our children's voices matter to us in school; we love to hear them singing, cheering with the friends when playing and talking about their learning in class. We also have a School Council, Sports Crew and Wellbeing Champions who help the staff make important decisions for the school.

Here is a link to some resources for families from Place 2 Be: <https://www.childrensmentalhealthweek.org.uk/families/>

ChatHealth Parent Line 0-5	TEXT 07312 263 423
ChatHealth Parent Line 5-19	TEXT 07312 263 499
ChatHealth Young People 11-19	TEXT 07312 263 096

Get confidential health and wellbeing advice and support

ChatHealth
Cornwall and the Isles of Scilly
www.cornwall.gov.uk/chathealth