

Children's Mental Health Week



Children's Mental Health Week is a time for children, young people and adults to celebrate their uniqueness.



It is a chance to recognise that everyone is different but that everyone has ideas, thoughts and beliefs and that these should be celebrated.

In 2021, Children's Mental Health Week runs from 1st to 7th February. This time, the theme of the week is 'Express Yourself'. The theme aims to highlight the importance of self-expression for our mental health.

You can express yourself in lots of different ways, including:



art



music



dance



drama



photography



writing

You can express yourself in the clothes you wear and the choices you make. Finding creative, enjoyable ways to share your thoughts, feelings and ideas can help your mental health and make you feel good, especially when facing difficult times.

Remember it's OK to share your thoughts and it is OK for others to share theirs too. Expressing yourself can help relieve stress and give you time to think about yourself.



What is Mental Health?

The term 'mental health' refers to how people feel emotionally about different aspects of their lives such as their relationships, health, work and themselves. Being aware of our mental health is important because it can affect how we deal with stress, make decisions, how we behave and how we interact with other people.

A Place2Be

A school-based charity called Place2Be was founded in 1994.

They have gone from supporting five schools in London to working with over 600 schools nationwide.



The charity builds children's resilience through talking, creative work and play, and helping them to develop the skills to cope with a wide range of issues. They also provide school support and training to help children develop a positive self-image. Place2Be launched the first Children's Mental Health Week in 2015 to help spread the word about the importance of children's mental health being considered, as well as their ability to learn.

The Vision of Place2Be

"Our vision is a world where children have the opportunity to grow up with prospects rather than problems."

It is known that mental health can improve if people have a positive view of themselves. This helps the development of good self-esteem which will enable people to cope with misfortunes and disappointments. It will also mean they have better relationships with people around them and improve their emotional wellbeing.

A Royal Patron

Her Royal Highness the Duchess of Cambridge has been a patron of Place2Be since 2013. She says that “We can ensure that every child is given support to help them fulfil their true potential,” and that people who are involved with the education and care of young people must “work together to ensure the children in our care have the chance to become the best version of themselves.”

Helpful Tips

These tips are suggested to help young people to **express themselves**:

Try lots of different ways to express yourself and think about which one you enjoy the most.

When you are feeling different emotions, you might like to express yourself in different ways.

Remember to make your own choices and express **yourself**. Try not to make choices because of your friends or other people.

Expressing yourself isn't about being the best at something, it's about doing something that makes you feel good.