



Children's Mental Health Week

3 – 9 February 2025

This year's theme is 'Know Yourself, Grow Yourself'

We want Children's Mental Health Week to encourage children, young people and adults to grow and develop by embracing and building self-awareness.

When we take notice of ourselves and how we feel, we can make better choices and be more connected with our feelings and behaviours.

ACTIVITY

1. What makes me feel nervous?
2. What makes me feel relaxed?
3. What do I enjoy learning about?
4. What am I good at?
5. What makes me laugh?



www.childrensmentalhealthweek.org.uk

www.youngminds.org.uk

www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/

www.healthforteens.co.uk

www.healthforkids.co.uk

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

