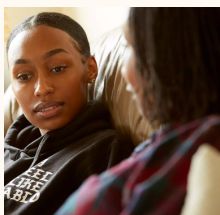


In this edition we talk about Children's mental health week: My voice matters

Mental health week for teens is an important event that aims to raise awareness about the issues that young people face in relation to their mental health. This year's theme, "My voice matters," is particularly significant, as it encourages teens to speak about their experiences and to seek help if they are struggling.

There are many different factors that can impact a young person's mental health, including pressure from school, social media, relationships, and family issues. It is important for teens to understand that they are not alone in their struggles and that there are resources available to support them.

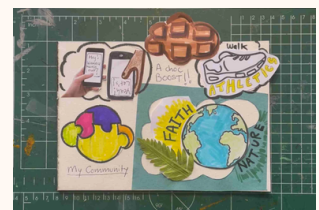
It is important for all adults to support teens during mental health week and throughout the year. By creating a safe and supportive environment, we can encourage young people to speak out about their mental health and to seek the help they need to thrive. Together, we can make a difference in the lives of teens and promote positive mental health for all.



The importance of talking to your child

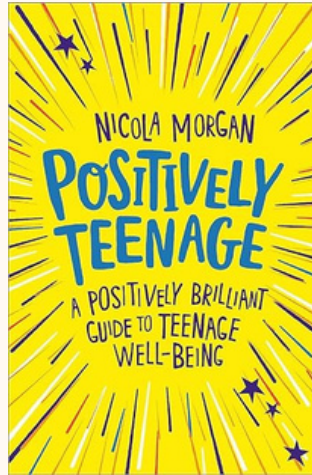


Helpful Websites!

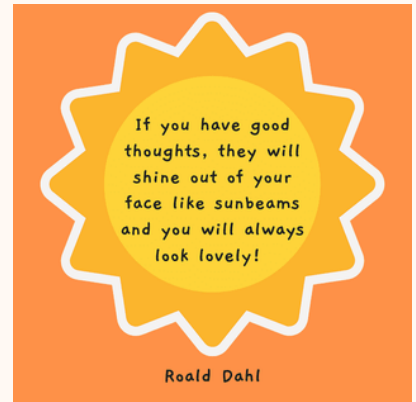


What matters to you? Creative activity for 11-14 year olds

Useful Books & Podcast



Kindness matters
to your mental
health



Roald Dahl



What is Children’s Mental Health Week?

Children’s Mental Health Awareness Week will take place from 5 to 11 February 2024, with the theme of My Voice Matters. It was set up by children’s mental health charity Place2Be and shines a spotlight on the importance of children and young people’s mental health.



Top tips for young people

Secondary students share their advice on how other young people can look after their mental health.



HELP GIVE A VOICE TO CHILDREN AND YOUNG PEOPLE ACROSS THE UK IN CHILDREN’S MENTAL HEALTH WEEK, 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.



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Written by education advisors with over 30 years experience 