

Children's Mental Health Week

With this being Children's Mental Health Week (5th to 11th February 2024), we as a school wanted to highlight the importance of supporting our young people and their emotional well-being. The theme of the week is 'my voice matters', emphasising the importance of listening to our children and young people. Young people feeling like they have an adult they can talk to and who will listen and acceptance them, is a strong protective factor for positive mental health. www.childrensmentalhealthweek.org.uk

Research also suggests that there are 5 steps you can take to improve mental health and wellbeing. Trying these things can help your child / young person feel more positive and get the most out of life:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

See for more information please click on the following link: [5 Steps to Mental Well-Being](#)

If you have are concerned about your child / young person's mental health and changes in their behaviour, here are some useful local and national links, resources and contact numbers that can help you.

Local:

Early Help: (01482) 391700

CAMHS Crisis TEAM: (01482) 303810

<https://www.eastridinghealthandwellbeing.co.uk/>

National:

Young minds: <https://www.youngminds.org.uk/>

Samaritan's: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Childline: 0800 1111