



Children's Mental Health week 5-11th  
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.

It is taking place this week from 5th-11th February 2024 and the theme this year is **"My Voice Matters."**

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

*"Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously."* - The UN Convention on the Rights of the Child

*"Empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community – and as people become empowered, they can work together to create positive changes for themselves and for others."* Place2Be

[Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)



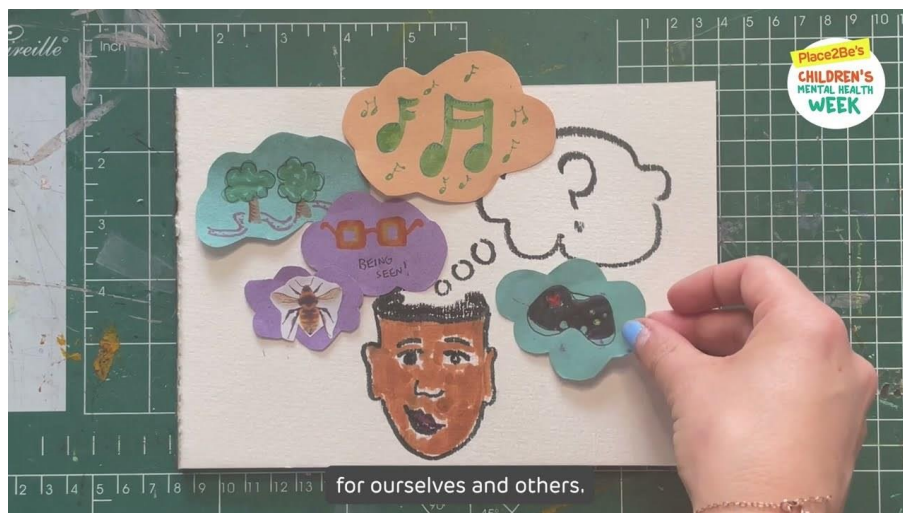
Get involved and have fun collecting the voice of the child, it's the most important voice!

Place 2 Be Resources





1 - [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)



2 - [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

---

[Resources for Schools](#)

[Resources for families](#)

---

## Animal Talk Activity



### 3 - [Animal Talk Activity](#)

*Using animal pictures to get to know Children and discuss their views and feeling!*

## Anna Freud Mentally Healthy Schools Resources



---

*Two toolkits of resources to help schools and colleges celebrate Children's Mental Health Week 2024 and the theme of 'my voice matters'.*



[Children's Mental Health Week Primary Toolkit](#)

[Children's Mental Health Week Secondary Toolkit](#)

---

## Supporting a Child or Young Person with speaking to their GP



---

*Doc Ready is a digital tool that helps young people to prepare and make the most out of mental health related GP visits. It helps young people to know what to expect during a GP consultation, plan what to say and record the outcomes of their appointments.*

*We know it can be difficult to talk about mental health and especially hard to talk to people or ask for help. Check out this resource to help a child/young person prepare for the first time they visit a doctor to discuss their mental health.*

[Doc Ready Resource](#)

---

## Asking an adult for help



---

*Check out this conversation starter resource. It's a letter template children and young people can edit and write what they would like to say.*

[Conversation Starter Resource](#)

---

## Ideas on how to support children and young people to express themselves



Here are a few simple ways you can support a child or young person to open up and express themselves:

### **Make the time**

Make time to talk openly on a regular basis. Encourage them to share how they are feeling. It may take a while before the child feels able to open up, so it is important to keep providing opportunities and show understanding, even if they don't share anything.

Good opportunities to do this can be when taking part in an activity together. For example, at home, when cooking a meal or sitting down together at mealtimes. You could plan a specific activity together, maybe join in with their favourite hobbies.

This will give you time together, one-on-one, and demonstrate an interest in the ways they choose to express themselves.

### **Set a good example**

Sharing how you're feeling, how you like to express yourself and how you look after your mental health and well-being are ways of setting a good example. It is important to do so in an encouraging way that doesn't place any burden on them to follow your preferred activities.

### **Encourage communication and teamwork**

It can be hard to have conversations about how we are feeling. Children may feel embarrassed or might not want to engage in a direct conversation about their emotions.

### **Remind them their thoughts, feelings and ideas are important**

Invite and encourage children to give their thoughts and opinions, such as planning an activity for the day or deciding on what to cook for dinner. This will help reinforce that their opinions are important, and you want to listen to them.

## Top tips for children and young people



Here are eight top tips for children and young people to look after their mental health and explore ways of expressing themselves.

(Taken from our [Peer Education Project](#))

### **Better sleep**

Why not listen and follow along with a relaxation exercise or [mindfulness](#) practice to calm your body and mind before [sleep](#).

### **Understand and manage feelings**

Journaling can be a useful way to explore your thoughts and feelings. You could try free writing, drawing, creating a collage – it's about finding what works for you!

### **Have something to look forward to**

Plan a games evening with your family or a virtual catch-up with your friends. It is also important to have space just for you – watch your favourite movie or read a book.

### **Spend time in green spaces**

Take time to get some fresh air and explore the outdoors. Sometimes, this can give us space to work through our thoughts and feelings.

### **Have a healthy diet**

Why not offer to help cook and see if there are any new recipes you like? You can also use this time to connect with the other person.

### **Help others**

Doing something for someone else. For example, help a family member with the cleaning or volunteer in the local community. Volunteering not only helps them but can make you feel good about yourself too.

It can also be a chance to pause on how you are feeling until you are ready to open up.

### **Be physically active**



You could try a new activity or revisit one you already know. Being [physically active](#) can be a great way to release our stored-up energy and emotions.

**Build and maintain positive relationships**

It is important to spend time with those who support us. Over time, the relationship can build trust and be someone we can turn when we need.