

CHILDREN'S MENTAL HEALTH WEEK

6-12TH FEBRUARY 2023



This year's theme is Let's Connect. We're encouraging children (and adults) to consider how they have grown and how they can help others to grow.

For more information or to check out how to get involved please visit

www.childrensmentalhealthweek.org.uk



LOOKING AFTER A CHILD OR YOUNG PERSON'S MENTAL HEALTH

This week is children's mental health week, let's take a look at how you can support the younger people around you.

Top tips to support children and young people

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

HELPLINES - CHILDREN



Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** [childline.org.uk](https://www.childline.org.uk)



Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** [giveusashout.org](https://www.giveusashout.org)



Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** [samaritans.org](https://www.samaritans.org)

"It's alright to
ask for help"



 **116 123**

If you are not sure who to talk to:

- Call Childline on 0800 1111 or
- Text CONNECT to 85258 to contact Shout

Helplines Partnership.

For more options, visit the Helplines Partnership website for a directory of UK helplines.