

## Children's Mental Health Week

February 5<sup>th</sup> – 11<sup>th</sup> 2024



This year's theme is 'My Voice Matters' and aims to empower young people to use their voice, share what matters to them, and encourage those around them to hear them.

Evidence shows that 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.

**My VOICE MATTERS**

**10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH**

Here are some brilliant tips from young people just like you on how you can look after your mental health.

- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

\*With thanks to students at Stewards Academy and Ark Globe Academy

**ASK FOR HELP**

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice

**CHILDRENSMENTALHEALTHWEEK.ORG.UK**

[www.childrensmentalhealthweek.org.uk](https://www.childrensmentalhealthweek.org.uk)

[www.youngminds.org.uk](https://www.youngminds.org.uk)

[www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/](https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/)

[www.healthforteens.co.uk](https://www.healthforteens.co.uk)

[www.healthforkids.co.uk](https://www.healthforkids.co.uk)