

Children's Mental Health Week is run by children's mental health charity **Place2Be** to focus on the importance of looking after our emotional wellbeing from an early age.



This years theme is 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

We are encouraging children (and adults) to explore the different ways we can '**Express Ourselves**' and the creative ways that we can share our feelings, our thoughts and our ideas.

Free resources are available from:

<https://www.childrensmentalhealthweek.org.uk>

We believe that children should **never** have to face mental health problems alone.



If you need further advice or guidance please contact the Central Referral Team on
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www.forcessocialwork.com

