



## Children's Mental Health Week 2019

4-10 Feb #ChildrensMentalHealthWeek  
ChildrensMentalHealthWeek.org.uk

### Parent workshop 9-10am.

On 15th February 2019, we're raising awareness about Mental Health. We've planned workshops throughout the day to shine a spotlight on the importance of children and young people's mental health. This year's theme is Time to Talk and being healthy inside and out - we're encouraging everyone to think about how they look after their bodies and minds.

# What's it all about?

When we think about healthy living, we tend to focus on looking after our bodies - our physical wellbeing - through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds - our mental wellbeing - too. We know from our work in schools that children in every class have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement. Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

Don't forget, if you're worried about your child, you can talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice for parents on our website [www.place2be.org.uk/usefulcontacts](http://www.place2be.org.uk/usefulcontacts)

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them - but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.

Praise your child and other family members for what they do to look after their body and mind - even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.

Remind them that there's no such thing as a perfect body or mind - and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different - and that's something to celebrate.

Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

1 IN 4 EXPERIENCING  
A MENTAL HEALTH  
PROBLEM  
100S OF  
DOWNLOADS  
1,000S OF  
CONVERSATIONS



However you do it,  
make a conversation  
about mental health.

#timetotalk

time to change  
time to  
talk day  
07/02/19

let's end mental health discrimination