



www.childrensmentalhealthweek.org.uk

What Is Children's Mental Health Week?

Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its fifth year, we hope to encourage more people than ever to get involved and spread the word.

This year's Children's Mental Health Week takes place from 3 – 9 February, shining a spotlight on the importance of children and young people's mental health, with the theme this year of **Find your Brave**.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.



FIND YOUR BRAVE

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

PARENTS AND CARERS,

3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4. Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

At children's mental health charity Place2Be we want all children to think about how they look after their minds.

Let your child know that if they are not sure about something, they should talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health 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 on our website www.place2be.org.uk/contacts

FIND YOUR BRAVE

#ChildrensMentalHealthWeek

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

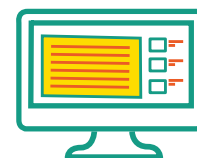
3 - 9 FEBRUARY 2020

For Children

Bravery comes in all shapes and sizes and is different for everyone. Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.

When you **FIND YOUR BRAVE**, it can help you feel good about yourself and more confident to face future challenges. Here are some things that might help you to **FIND YOUR BRAVE**.

1. Think about something brave you've done or a difficulty you've overcome and remember the positive feeling for next time you need to **FIND YOUR BRAVE**.
2. Think of something you could do at school or a new activity you could try that might be out of your comfort zone. Challenge yourself to give it a go.
3. Remember that being brave also involves being responsible and making sensible choices; it isn't about taking unsafe risks.
4. Bravery is often associated with acts we can see but many acts of bravery are quiet and unseen.
5. Look out for examples of people **FINDING THEIR BRAVE** in the news, sport, music, your family - they might have some good ideas you could try out.
6. How do you **FIND YOUR BRAVE**? Write or draw your thoughts in the box on the right, or share them on Instagram using **#ChildrensMentalHealthWeek**.



Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and asking for help if you need it.

At children's mental health charity

Place2Be we want all children to think about how they look after their minds.

If you're not sure about something, you can find an adult who you trust to talk to. It could be someone in your family, a teacher, or someone else in school.



the zone Leeds
There's No Place Like Zone!

YOUTH SUPPORT SERVICE

The lack of mental health care for young people in the UK leaves some in crisis.

The Zone's Youth Support Service is a completely confidential service.

If you are, or you know of a child, youth or young adult, who needs some TLC, practical support or immediate intervention for whatever reason please get in touch.

The earlier the intervention, the best chance we have of making a positive difference to that young person and their families' lives.

We work together with parents and professionals, including teachers, support workers, carers and medical experts, enabling us to signpost to the best possible support available.

We also provide a range of bespoke information pamphlets, covering topics for parents to work through with their children.

Listed below are some examples of pamphlets we have produced.

- *Self Esteem and Confidence*
- *Bullying*
- *Anxiety and Stress*
- *Disorderly Eating / Eating Disorders*
- *Anger Management*
- *Gambling; Internet, Tablet & Gaming Addiction*
- *Self Harm*
- *Early Signs of Sadness / Isolation / Depression*
- *Bereavement*
- *Nutrition*
- *Exam Stress*

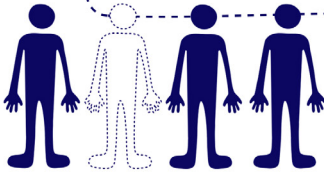
Please email support@1zone.org.uk or call 0113 390 4612 for any further information.

Supported By:

THE MANNY CUSSINS TRUST

Myth

Mental health problems are very rare



Mental health problems will affect one in four people during their lifetime

Fact

Myth

People aren't discriminated against because of mental health problems

Fact

9 in 10

Nine out of ten people with mental health problems experience stigma and discrimination

Myth

People with mental illness can't work



You probably work with someone with mental illness.

Fact

Myth

People with mental illness never recover



People with mental illness can and do recover.

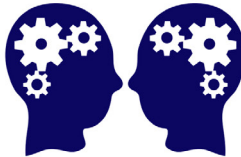
Fact

Myth

People with mental health problems are different from normal people

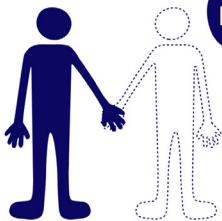
We all have mental health, just like we all have physical health.

Fact



Myth

It's best to leave people alone if they develop a mental health problem



Most people with mental health problems want to keep in touch with friends, family and colleagues.

Fact

Myth

I don't know anyone with a mental illness

Someone you know or love has experienced a mental illness.

Fact

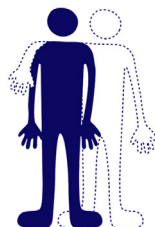
Sister
Brother
Mother
Lover

Myth

There's nothing I can do to help someone with a mental health problem

There's a lot you can do to help

Fact



IT'S OK NOT TO BE OK

All of us have mental health, just like physical health. If yours is suffering, reach out to us.

THE ZONE'S CHILD & YOUTH SUPPORT SERVICE is here for you.

If you would like to talk, please contact us in confidence.

✉ **EMAIL**
support@1zone.org.uk

📞 **CALL OR MESSAGE**
07936 362 908

SUPPORTED BY

THE MANNY CUSSINS TRUST

Other Useful Links



Free information and support for under 25s in the UK. We offer advice about sex, relationships, drugs, mental health, money, housing, jobs and anything else you may want to talk about – no topic is out of bounds.

We provide a free, confidential support service offering help through phone, text, web, social and counselling.



www.giveusashout.org
Text 'Shout' to 85258

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. We offer in the moment help for times when life gets overwhelming and you need immediate support.

- If you need urgent help Text Shout to 85258
- All texts are answered by trained and supervised Crisis Volunteers.
- It is confidential and free on the major UK networks and won't show up on your phone bill.



"We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges."



childline.org.uk
0800 1111

Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, trained counsellors are there to support you. Childline is free, confidential and available any time, day or night.



MindMate is a new Leeds website for families, professionals, children and young people around youth mental health. If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support. If you're a parent, carer or professional, MindMate can help you support a young person you know.