



# DRESS TO EXPRESS

THIS CHILDREN'S  
MENTAL HEALTH WEEK

Shine a spotlight on the importance of children and young people's mental health this Children's Mental Health Week.

Help to ensure every child has easy access to mental health support whenever they need it.

Use clothing and colour to express yourself during Children's Mental Health Week and donate £2 to Place2Be.



Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

6-12  
FEBRUARY  
2023



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# DRESS TO EXPRESS

THIS CHILDREN'S  
MENTAL HEALTH WEEK

EXPRESS YOURSELF DURING CHILDREN'S  
MENTAL HEALTH WEEK BY WEARING  
YOUR FAVOURITE COLOUR, A RANGE OF  
COLOURS OR A WHOLE UNIQUE OUTFIT  
TO EXPRESS HOW YOU'RE FEELING AND  
DONATING £2 TO PLACE2BE!



DATE & TIME:

LOCATION:

PLEASE DONATE TO OUR FUNDRAISING PAGE

GO TO:



6-12  
FEBRUARY  
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Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**  
FUNDRAISING

**GOAL**

£



**THANK  
YOU!**



# YOUR MONEY WILL IMPROVE CHILDREN'S MENTAL HEALTH

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

**£16**

could pay for a child to speak to a qualified counsellor about their worries in a lunchtime session

**£54**

could pay for a child struggling with trauma to have a 50-minute one-to-one session with a counsellor

**£500**

could allow 31 children to book their own appointment to speak to a mental health professional about issues like anxiety, low mood or self-harm

**£252**

could pay for 4 specialised parent coaching sessions for a parent and child to have together

**£1080**

could help fund a full round of one-to-one counselling sessions for 2 vulnerable children



## 1 IN 6 CHILDREN & YOUNG PEOPLE

have a diagnosable mental health condition. That's 5 children in every classroom.

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK



THANK  
YOU



FOR MAKING A DIFFERENCE  
THIS CHILDREN'S MENTAL  
HEALTH WEEK!

Whatever your reason for getting  
involved, we couldn't be more  
thankful. Your support and  
generosity helped raise an amazing

£

to support children's mental health.



#ChildrensMentalHealthWeek

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