



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.

From 6-12 February 2023, schools, families and communities across the UK will take part in Children's Mental Health Week. This year's theme is Let's Connect, and Place2Be is encouraging people to connect with others in healthy, rewarding, and meaningful ways.

Get involved

Every year, Place2Be's expert team develops resources to help people participate in the week. From activity ideas and assembly guides to top tips and a fundraising pack, our free resources will help you explore mental health and wellbeing with the children and young people around you.

To learn more, and download your free resources today, visit childrensmentalhealthweek.org.uk

#ChildrensMentalHealthWeek