

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

BONUS MATERIALS



#ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk

YOUR SUPPORT 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.

£252

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

£500

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

£1080

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

"I don't normally share with people, and I don't like talking because of my trust issues, but I've learnt to trust you."

Child helped by Place2Be

Please donate to my fundraising page:





Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

WE'RE FUNDRAISING
FOR PLACE2BE'S

CHILDREN'S MENTAL
HEALTH WEEK

COME ALONG AND TOGETHER
WE CAN HELP TO CHANGE THE LIVES
OF CHILDREN AND YOUNG PEOPLE.

DATE & TIME:

LOCATION:

WE'RE FUNDRAISING BY:

PLEASE DONATE TO OUR FUNDRAISING PAGE
GO TO:

Place2Be's

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HELP US ENSURE THAT NO
CHILD MUST FACE MENTAL
HEALTH PROBLEMS ALONE.

GOAL

£



#ChildrensMentalHealthWeek

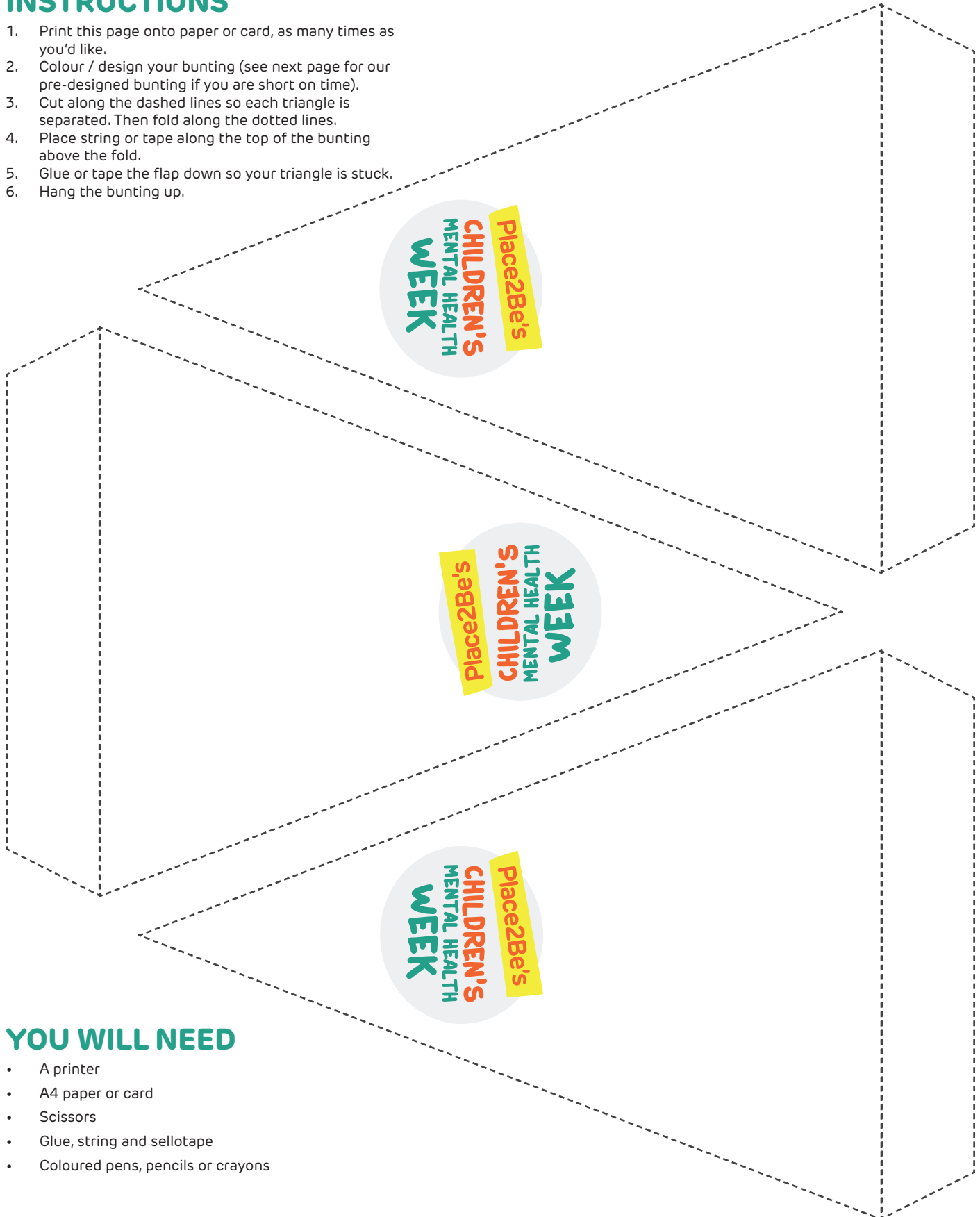
childrensmentalhealthweek.org.uk

CREATE YOUR OWN BUNTING



INSTRUCTIONS

1. Print this page onto paper or card, as many times as you'd like.
2. Colour / design your bunting (see next page for our pre-designed bunting if you are short on time).
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang the bunting up.



YOU WILL NEED

- A printer
- A4 paper or card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons

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CUT ME OUT

inoA yueqL

How to return your funds

The sooner you send in your funds, the sooner we can put them to work in supporting children's mental health!

By post: Cheque and CAF vouchers can be made payable to Place2Be and sent to:

Fundraising Team - Place2Be, 175 St John Street
London, EC1V 4LW

Please do not send cash by post!

Online: Deposit the funds into your bank account and pay with your credit or debit card onto your online fundraising page or through the Place2Be website (place2be.org.uk).

By phone: Deposit the funds into your bank account and call us on 020 7923 5500 to make a payment with our team.



MAKE A
DIFFERENCE
TO CHILDREN'S
MENTAL HEALTH

Thank you!



GLUE HERE

GLUE HERE

If found please return this box
and the contents to Place2Be.

Fundraising Team - Place2Be
175 St John Street, London, EC1V 4LW

Thank you.

GLUE HERE

— FOLD
— CUT



THANK YOU!

This certificate is awarded to

A big well done on raising an amazing

to help more children and young people get
the emotional support they need

THANK YOU FOR TAKING PART IN
CHILDREN'S MENTAL HEALTH WEEK 2025



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**KNOW YOURSELF,
GROW YOURSELF**

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HEALTH WEEK**

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WHEN

WHERE

TO FIND OUT MORE, SPEAK TO

childrensmentalhealthweek.org.uk
#ChildrensMentalHealthWeek

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LEARN MORE

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