



Place2Be's

**CHILDREN'S**  
MENTAL HEALTH  
**WEEK**

5-11  
FEB  
2024



**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 5-11 February 2024, schools, families and communities across the UK will take part in Children's Mental Health Week. This year's theme is My Voice Matters, and Place2Be wants all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".



### **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 fundraising ideas, their 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](https://childrensmentalhealthweek.org.uk)**

**#ChildrensMentalHealthWeek**