



From 1-7 February 2021, we're taking part in Place2Be's Children's Mental Health Week. This year's theme is **EXPRESS YOURSELF**

With schools closed and lots of uncertainty, children and young people's mental health and the need to find safe ways of expressing our feelings, has never been more important.

A number of resources were created to help young people (and adults) to explore the different and creative ways that they can share their thoughts, feelings and ideas.

To find out more, watch this space or visit childrensmentalhealthweek.org.uk , or email alexia.gaitanou@place2be.org.uk