

Place 2B 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. Now in its seventh year, we hope to encourage more people than ever to get involved and spread the word.

Children's Mental Health Week 1-7 February 2021

The theme of Children's Mental Health Week 2021 is Express Yourself.



For Schools

[Children's Mental Health Week assembly – with BAFTA Kids and Oak National Academy - Children's Mental Health Week 2021](#)

<https://www.mentallyhealthyschools.org.uk/resources/childrens-mental-health-week-2021-primary-assembly-and-guide/>

[Mental Health and Wellbeing - Teaching Resources - BBC Teach](#)

To support your class and promote the importance of mental wellbeing we've created this collection of resources for use with both primary and secondary students.

The themes explored in this collection include:

Mental health Body image Friendship Bravery Learning differences Growth mindset

[PSHE KS2: The Brain Lab - BBC Teach](#)

A collection of short films on mindset and mindfulness. Five of the films introduce us to one of the five steps to wellbeing, with the sixth film 'The Brain House' using animation to look at what is happening inside our brain when we feel 'big' emotions. The final film is a guide for teachers which introduces the concept of mindsets and mindfulness, and suggests ways the films can be used in class.

[5 Steps to Mental Health and Wellbeing \(annafreud.org\)](#) Mental health is everyone's responsibility.

The question is, how do you create a school or college-wide approach to mental health and wellbeing?

For parents

[Support for parents | NSPCC](#) Parenting can be rewarding, but it can also be challenging. We've got parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations

[Coronavirus \(COVID-19\) advice and support for parents and carers | NSPCC](#)

Coronavirus (COVID-19) advice and support for parents and carers

Whether you're working from home with your kids or supporting children with anxiety due to coronavirus, we've got tips and advice for you.

[Supporting children with special educational needs and disabilities | NSPCC](#) Children with special educational needs and disabilities may face lots of changes in their day to day lives because of the coronavirus (COVID-19) situation.

<https://communitybase.org/services/amaze/> A local charity offering advice, information and support to families with disabled children and young people in Sussex.

[selfcarepc-final.pdf \(annafreud.org\)](#) Anna Freud National Centre for Children and Families: Self-care top tips for young parents & carers such as 'Let music back into your life. Did you used to listen to your own music more regularly before you had children?'

https://helpline.barnardos.org.uk/?gclid=EAlalQobChMI_ISx17u-7glVhOvtCh0z-gogEAAYASAAEgJm8PD_BwE

<https://www.mindcharity.co.uk/mind-directory-categories/black-asian-minority-ethnic/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

[Child Mental Health week: supporting children through loss - Martlets](#) How to help children express themselves during challenging time

[Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)

[Stay at home activities for children and young people | RCPCH](#) Advice for parents/carers during coronavirus It can be confusing to know what to do when your child is unwell during the coronavirus pandemic. Remember that the NHS is still providing safe care. [COVID-19 - resources for parents and carers | RCPCH](#)

Children and young people

[YoungMinds - children and young people's mental health charity](#)

[Services for Children & Young People | Mind Brighton and Hove \(mindcharity.co.uk\)](#)

[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)

Self-care is about the things we can do to look after our own mental health

Young people told us that when they are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves.

So, we spoke to professionals and looked at academic research. Then we drew up a list of strategies young people use (you can see the process in this self-care infographic). We also published a report following a consultation with young people and their families online.