

# Children's Mental Health week! 7th-13th Feb 2022



Children's mental health week is a week to celebrate and raise awareness of the mental health of children and young people. The awareness week is organised by a charity called Place2be and this years theme is 'Growing Together'.

We think that it's an important time to look back and appreciate how far we've come, and how we can help others on their mental health journeys in the future. Times aren't always easy, so it's also really good to see difficult moments in our lives as opportunities for growth and to see things in a new light.

You can find loads of resources on the Place2be website [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

Growing Together is about finding ways to help each other grow emotionally. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone and discover new things about ourselves. Growing emotionally is a gradual process that happens over time.

A great way to help yourself grow and manage your mental health positively is by using the 5 Steps to Wellbeing

**Connect**

Talk & listen  
be there  
feel connected

**Be Active**

Do what you can  
Enjoy what you do  
Move your mood

**Take Notice**

Remember the simple things that give you joy

**Keep Learning**

Embrace new experiences  
See opportunities  
Surprise yourself

**Give**

Your time  
Your words  
Your presence

Find out more about the 5 steps to wellbeing on our podcast at MHST

Podcast :: Lincolnshire Young Minds ([lpft.nhs.uk](http://lpft.nhs.uk))

