

# Children's Mental Health Week

5-11 February 2024

This week is Children's Mental Health Week, a national mental health awareness week aiming to empower, equip and give a voice to children and young people in the UK. This year's theme is My Voice Matters.

Please find below details of a wide range of resources and learning sessions for children and families to access themselves.



# Help give a voice to children and young people across the UK in Children's Mental Health Week, from 5-11 February 2024.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Everyone can take part in Children's Mental Health Week!

Download our free resources for **schools** and **families** and find out how you can **take part** to raise vital funds and awareness for children's mental health.

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, our theme is 'My Voice Matters'.

# Families



**Children’s Mental Health Week will take place from 5-11 February 2024. The theme this year is ‘My Voice Matters’.**

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child’s mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children’s Mental Health Week, we want all children and young people to be able to say – and believe - “My Voice Matters.”

**Families, parents and carers can get involved too! [Download our resources](#) so you can take part at home.**



## **Understanding the theme - My Voice Matters**

Speaking out and being heard is an important part of our lives. Knowing that our opinion, thoughts and voices are actually being listened to greatly impacts our mental health and wellbeing.

The UN Convention of the Rights of a Child states that children and young people have the right to express their views, thoughts and feelings. They also have the right to have their view considered and taken seriously. This ties in well with the theme of 'My Voice Matters' and Place2Be are asking for you to step forward and make sure your voice is heard and to recognise that it matters too.

## **How does being heard impact mental health?**

We all have basic needs that need to be met, such as being fed, having somewhere to sleep, having access to clean water and so on. These are fundamental needs, but once we get past these, we still have other needs that need to be met. Being heard and listened to might not be one needed for survival, however it is important to making sure we have a happy and fulfilled life.

The need to be heard is a basic one but it is incredibly important. It is important that we let others know how we feel and what we need. When we are not heard and listened to, we can feel forgotten about and almost like we don't matter. This can then have an impact on whether we are getting our needs met.

There may be times in your life when you have told someone something that has upset you, made you angry or make you feel very frustrated. You've been brave to do this, however, you may have felt that the other person isn't really interested. They may not have believed you or may not have thought the things you were saying were that important. This can make us feel worse as we might start to think "do my feelings and emotions even matter?".

However, we should not let a negative experience defeat us. On the opposite side, when we have been listened to and truly heard, we feel validated.

The word validation means that our feelings, opinions, and thoughts have been recognised, listened to and are worthwhile.

This is most true when our voice is heard by those closest to us (friends, family, adults and others in our lives). When those closest to us really hear us, they may offer words of kindness or sympathy. They may give us suggestions and advice on how we can make things better. Or they may simply just listen to us and say "I understand why you feel like that." Sometimes this simple acknowledgement can make us feel so much better.

This is important for our Mental Health and Wellbeing as when we feel heard and listened to, it can improve our self-esteem and our confidence. Most importantly, when we are heard, we can begin to make positive changes for ourselves and others.

**What can you do?**



There will be activities, assemblies, workshops and lessons happening throughout the week at your school or college. However, what you do outside of your school is equally as important. Take time to reflect on the whether your voice is being heard or not. Also, take the time to have a think about if you are listening to the voices of others around you.

Are your friends and family listening to you? Do they understand you and do you feel as if your are being heard and validated? Are you listening to your friend and family and validating their feelings?

Here are five tips on how to be a better listener –

1. Give the person speaking your full attention –  
Keep phones away and focus on what they're saying. Also make sure you remind them of the confidentiality you'll keep after the conversation, unless their safety was at risk, so they feel confident they can be completely open.
2. Empathise with them –  
Relating to them will help them feel less alone. Remind them that others go through the same things.
3. Be an active listener –  
Give them space to talk, but interact by asking questions and giving advice to show you're interested and that you care.
4. Be encouraging –  
Try to point out positives in what they're saying, without belittling them. For example, if someone opens up about feeling low,

understand the seriousness of it but also emphasise that they'll get better, be stronger and more resilient.

5. Follow up the conversation afterwards –

Give them a text or call a few days after to show them you care and have understood everything they told you. Check how their situation is progressing, and remind them that you'll always be there to support them.

[WWW.HEALTHFORTEENS.CO.UK](http://WWW.HEALTHFORTEENS.CO.UK)

07507 330205





# About i-THRIVE

The National i-THRIVE Programme aims to improve outcomes for children and young people's mental health and wellbeing. We are working with CCGs, NHS Trusts, local authorities and charities across the country to implement the [THRIVE Framework for system change](#) (Wolpert et al., 2019), translating the principles of the THRIVE Framework into local models of care using an evidence based approach to implementation.

i-THRIVE was selected as an [NHS Innovation Accelerator](#) in 2015 and is now endorsed in the [NHS Long Term Plan](#).

Follow the links below to find out more about the THRIVE Framework and its key principles, the National i-THRIVE Programme, and sites across the country who have started to implement the THRIVE Framework.

## The THRIVE Framework



## The National i-THRIVE Programme



## Implementation Sites



## THRIVE Principles



i-THRIVE is delivered through a partnership between the Anna Freud National Centre for Children and Families, the Tavistock and Portman NHS Foundation Trust, the Dartmouth Institute for Health Policy and Clinical Practice and UCLPartners.

# keoth

# Find out more about 1:1 support

## We're here for you

Our team of mental health professionals is here to support you. You can talk to us about whatever's on your mind.

We offer:

- **Free, anonymous support:** our chat service is free, and you don't even have to give your name.
- **Real people, not bots:** the professionals you speak with in our chat service are real people who want to listen to you.
- **A safe space to talk:** the Kooth chat service is a safe space for support accredited by the British Association for Counselling and Psychology (BACP).



## Two choices for 1:1 support

You can reach out to us by live chat or message.

### What's the difference between live chat and message?

A chat is a live conversation between you and a Kooth mental health professional. Before starting a chat session, we'll ask you a few questions so we know what topics you may want to discuss. This lets us know how we can best help.

A message is a bit more like an email: you send a message to the team, and one of us will get back to you. If you don't feel like chatting right now - or it's outside of chat hours - you can send a message to our team, and we'll get back to you as soon as we can.

**Sign up** if there's anything you want to chat about with the Kooth team.

<https://www.kooth.com/>

# Carol Kendrick Centre - Child and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Service for children and young people in South Manchester.

Services include

Social Communication Pathway (SCP) - this team carries out specialist assessments for possible autism spectrum conditions.

Clinical Service for Children with Disabilities - a specialist team who see children with severe learning disabilities, Acquired Brain Injury, Autism, and other complex disabilities - and their families when they need support with behaviour or mental health issues at home.

See further information at the MFT CAMHS website under the 'Clinical Service for Children with Disabilities' section.

## Who to contact

### Telephone

0161 529 6062

### E-mail

[Cmm-tr.southmanchestercamhs@nhs.net](mailto:Cmm-tr.southmanchestercamhs@nhs.net)

### Website

[Link to CAMHS Web pages](#)

## Where to go

### Address

The Carol Kendrick Centre  
Wythenshawe Hospital

Southmoor Road  
Manchester  
**Postcode**  
M23 9LT



# M-THRIVE OFFER

## M THRIVE OFFER

### Who we are?

Manchester Thrive is a single point of entry, front door approach to the emotional wellbeing and mental health offer for young people aged 5-18.

Our service is designed to advise, guide, signpost and get help for young people within Manchester currently facing mental health and emotional wellbeing issues.



### Our Vision

Our vision is for Manchester to be a place where young people feel empowered. We want our young people to feel confident in reaching out for support in times where they may be struggling.



## Our Mission

Our mission is to ensure all young people in Manchester can get the desired support they require, whether that is through engaging a young person in some activities within the local community, providing 1-1 sessions or linking them with specialised services.



## Our Purpose

Our purpose is for every young person to be able to feel accountable and manage their mental health and wellbeing, and not let it take its toll in difficult situations. Through different strategies we aim to inspire and motivate our young people to be the best version of themselves possible.

<https://m-thrive.org/parent-or-carer>

# Get urgent support from a crisis service

If you need urgent support you can contact any of these services.

## United Kingdom support options

Childline

**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. 0800 1111

**Visit website**[Childline](#)

## **Samaritans**



You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

**Visit website**[Samaritans](#)



24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Only available in mainland UK

**Visit website**[Shout](#)

## **Police**



If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, [click here](#) to find out how to contact the police.

**Visit website**[Police](#)

## **NHS Choices**



Mental health services are free on the NHS.

- To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.
- For life-threatening emergencies, call 999 for an ambulance

**Visit websiteNHS Choices**

## Report abuse



CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable); you can report it here. <https://www.ceop.police.uk/safety-centre>



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



# ABOUT US



## **PAPYRUS is the national charity dedicated to the prevention of young suicide.**

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Suicide is the biggest killer of people aged 35 and under in the UK. We believe that many suicides are preventable.

PAPYRUS was founded in 1997 by a group of bereaved parents, who had each lost children to suicide. Our founding parents shared core beliefs that suicide is preventable, and that those of us with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide.

Since then, POPYRUS has grown into a UK-wide charity with offices in north west England, south west England, West Midlands, London, Northern Ireland, north Wales, south Wales, and Scotland.

Today, we are a leading youth suicide prevention charity in the UK. Our suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included),

We deliver our suicide prevention education and training packages to thousands of people each year, to create suicide-safer communities across the UK.

We also press for change to current legislation around suicide prevention on a regional and national level.

The work we do centres around three key principles; Support Equip and Influence.

## **SUPPORT:**

We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINE247.

## **EQUIP:**

We engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.

## **INFLUENCE:**

We aim to shape national social policy and make a significant contribution to the local and regional implementation of national suicide prevention strategies wherever we can. Our campaigning comes from our passion as individuals, parents, families and communities who have been touched personally by young suicide. We press for change in many places using hard-hitting and dynamic campaigns as well as presenting

evidence to those in power so that lessons can be learned and learning implemented to help save young lives.

## **Thinking of suicide?**

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINE247.

**0800 068 4141**

**pat@papyrus-uk.org**

**Text - 07860 039967**



We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

Find out more about who we are, the work we're doing and what we're trying to achieve.

### **How can YoungMinds help me?**

We provide young people with tools to look after their mental health. Our website is full of [advice and information](#) on what to do if you're struggling with how you feel. We empower parents and adults who work with young people, to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in. Together, we can create a world where no young person feels alone with their mental health.

We help parents and carers who are worried about their child's mental health with tips, information and advice online and through our [Parents Helpline](#) service. Use our [helpfinder](#) to find the right support for you.

<https://www.youngminds.org.uk/>