



RESEARCH April 2021,

A report by the All-Party Parliamentary Group,

concluded that one in every seven primary school-aged child had a diagnosable mental illness in 2020. 75% of mental illness begins before the age of 18. The royal college of Paediatrics and Child Health has warned that the greatest challenge facing children in 20 years' time will be mental health problems <https://paediatrics2040.rcpch.ac.uk/summary-of-our-work/#page-section-1>

CHILDREN'S MENTAL HEALTH WEEK 2023

BE CONNECTED



This week is **Children's Mental Health Awareness Week** (6-12 May) is now in its ninth year. It is promoted by Place2Be and the theme for this year is **Let's Connect**. Place2Be's expert team develops resources to help children participate in the week. From activity ideas and assembly guides to top tips and videos the free resources will help you explore mental health and wellbeing with the children and young people around them.

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

RESEARCH—Children who learn to play well with others at pre-school tend to enjoy better mental health as they get older, new research shows. The findings provide the first clear evidence that 'peer play ability,' the capacity to play successfully with other children, has a protective effect on mental health. (University of Cambridge) <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/children-and-mental-health/children-and-mental-health->

Better Health every mind matters

NHS

NHS has a dedicated webpage 'Every Mind Matters' which includes information around Children's Mental Health. There is a Top tips page for parents - signs when something is wrong and advice on getting help <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

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NIH National Institute of Mental Health

This web page also has a dedicated area for children and parents. The website includes a useful downloadable booklet called 'Children and Mental Health: Is

This Just a Stage? which includes sections on when to seek help for challenging behaviours. <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/children-and-mental-health/children-and-mental-health-is-this-just-a-stage.pdf>

Friendly February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour		
6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right
13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing
20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones
27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today					

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<https://actionforhappiness.org/sites/default/>