

Children's Mental Health Week



9-15th
February 2026

Talk to new people
in clubs and class.

Show interest and
kindness, include
and invite others.
Offer to be a buddy.

Talk to them,
don't leave them
on their own, do
something they
like, but
remember to look
after yourself too!

This year, Place2Be's
Children's Mental Health
Week will aim to support the
groups and systems
surrounding our children.
We'll encourage peers,
families, schools and
communities to create
inclusive and nurturing
environments, where children
and young people feel they
belong and can say

"This is My Place".

What could you do?....

Introduce fun new
activities where they
can meet new people
and find new
interests.

By
asking people
how they are
and if they are
okay.

Put yourself in their
shoes.

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

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

<https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/>

<https://www.healthforteens.co.uk/health/>

<https://www.healthforkids.co.uk/>



Young people in Hounslow can text a school
nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for
your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school
nurse. Monday to Friday, 9am-4.30pm.

