

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.

