



## Children's Mental Health Week 2023 resources

On Wednesday 1<sup>st</sup> February 2023, the **Children and Young People's Mental Health Coalition** hosted a webinar bringing together members to find out more about [Children's Mental Health Week](#) and how to get involved.

In the webinar we asked attendees to share their own plans for Children's Mental Health Week and resources. We have collated what was shared in the below list.

Due to technical issues, unfortunately we were unable to record the webinar. However, you can [listen to the webinar audio here](#) alongside the [presentations](#) and this resource.

### Children's Mental Health Week

**Place2Be:** Activities, resources and information on how to get involved with children's mental health week can be found on their website: <https://www.childrensmentalhealthweek.org.uk/>. Add yourself to the Children's Mental Health Week map [here](#).

**Now and Beyond** on 8<sup>th</sup> February 2023, hosted by Beyond: ground-breaking lesson plans, free access to a national database of approved youth mental health and wellbeing experts and access to live broadcast content featuring celebrity guests in conversation with young people with lived experience can be found on their website: <https://nowandbeyond.org.uk/>. Please use the festival comms or share with your networks  
[https://docs.google.com/document/d/1bgBLyyNh8OPpmjNgfuYWnLfz\\_CDP1QD5/edit](https://docs.google.com/document/d/1bgBLyyNh8OPpmjNgfuYWnLfz_CDP1QD5/edit)

**SquarePeg:** Inclusivity, compassion and fitting in - a guide for schools. This book is available to purchase with 20% off using the code SQUARE20: <https://www.crownhouse.co.uk/square-pegs>

### Member resources for Children's Mental Health Week

**ACAMH (The Association for Child and Adolescent Mental Health)** are creating a resource page and will be publishing a blog post co-written by Professor Tamsin Ford, specifically around the theme, on 6<sup>th</sup> February. A link will be shared with members once it goes live.

**BACP** (British Association for Counselling and Psychotherapy) have launched a campaign to mark #ChildrensMentalHealthWeek calling for early intervention mental health support in both schools and community settings. <https://www.bacp.co.uk/news/news-from-bacp/2023/6-february-childrens-mental-health-week-our-call-for-action>

**Bounce Forward** have created a free resource for schools for Children's Mental Health Week. The resource is based around communication technique with activities for secondary aged students. It can be downloaded from the websites resource page.  
<https://bounceforward.com/resources/>

**Nip in the Bud** has released a 3 minute film in collaboration with Chickenshed, an inclusive theatre company. The film is called "[Let's Connect – breaking down barriers to learning](#)" for teachers to view and discuss with children around the topic of Barriers to Learning.  
[www.nipinthebud.org](http://www.nipinthebud.org)

**stormbreak** has created a resource pack for the trusted adults (teachers, healthcare professionals and parents). The pack includes a blog post highlighting how stormbreak can be used to create opportunities to connect, links to children's animation explaining the benefits of relationships and specific mentally healthy movement activities that will help children learn skills to build healthy connections. All these resources are free and will be accessible during Children's Mental Health Week on their website [www.stormbreak.org.uk](http://www.stormbreak.org.uk)

**Triple P** are currently doing some work around Social Skills for Success which will go live on their parent facing website this weekend. <https://www.triplep-parenting.uk.net/uk/blog-and-more/blog-and-news/>

**UNICEF UK's Early Moments Campaign** is calling on the government to deliver a National Baby and Toddler Guarantee. During Children's Mental Health Week, UNICEF will be asking campaign supporters to write to their MP to ask for the ten-year mental health plan to be re-instated. <https://www.unicef.org.uk/campaign-with-us/early-moments-matter/>

**Winston's Wish** has developed their free Thunks activity to support conversations with children and young people on grief, death and bereavement. <https://www.winstonswish.org/wp-content/uploads/2019/06/Winstons-Wish-thunks.pdf>

**If you have any further resources you would like to share with us, or any that need updating, please contact [Shizana.Arshad@cypmhc.org.uk](mailto:Shizana.Arshad@cypmhc.org.uk)**