

# Children's Mental Health Week

## 2023 toolkit

Children's Mental Health Week starts next Monday, and this year the theme is 'let's connect', looking at the importance that connections with others have on our mental health.

Healthy relationships with family, friends and others are vital for young people's wellbeing, offering a strong protective factor against poor mental health.

Connections within a school setting are also very important – students should feel that they belong to, and are a valued part of, a school or college community. Their relationships with adults in the school or college should be positive, consistent, and based on trust and mutual respect.

In this toolkit, we're sharing free resources to help you explore the theme of connections with your students, and to learn more about promoting healthy relationships between staff and students.

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# **Resources**

## **For pupils**

### **Children's Mental Health Week: Let's Connect secondary pack - Place2Be**

Run assemblies and lessons for Children's Mental Health Week with this official resource pack from Place2Be.

### **Finding our connections to feel less lonely: school pack - Mental Health Foundation**

A lesson plan, assembly plan, guidance and posters looking at what loneliness is and how it can affect our mental health.

### **AGENDA: a young people's guide to making positive relationships matter - CCEA**

A free online toolkit for young people, focused on building healthy relationships and celebrating diversity.

### **Tackling loneliness resource pack - Youth Focus**

A series of activities for young people to complete, focusing on this year's theme of 'reach out'.

## **For staff**

### **Classroom wellbeing toolkit - Anna Freud Centre & EIF**

A detailed toolkit for secondary school staff, looking at the importance of building supportive relationships creating a classroom environment where all students feel they belong.

**Unhealthy relationships: guidance for staff in further education colleges**

**- Mentally Healthy Schools**

A guidance booklet for college staff about what to do if a student is in a potentially unhealthy relationship with a romantic partner or friend.



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