

# Children's Mental Health Week 2020: Find Your Brave

Children's Mental Health week in 2020 happens between the 3<sup>rd</sup> and 9<sup>th</sup> February and the theme for this year is 'Find Your Brave'. It is a week where schools and other organisations can do activities and provide services that help children to try something new and to ask for help.

## The Organisers

Children's Mental Health Week is organised by a charity called Place2Be, who help children in schools all over the UK. Children's Mental Health Week began in 2015 and 2020 is the sixth one. It continues to help many young people feel more positively about themselves. Last year, the theme was 'Healthy: Inside and Out'.

HRH The Duchess of Cambridge has been Place2Be's Royal Patron (official supporter of the charity) since 2013. She spoke on a short film to launch the week. The Duchess of Cambridge has been interested in the mental health of children for a long time. She would like children to be helped to have the chance to be the best they can be.



### **HRH The Duchess of Cambridge says in her video message:**

“Childhood is an incredibly important moment in our lives.

It is the time when we explore our personalities, discover the potential that lies within us and learn how to be ourselves.

Our experience of the world at this early stage helps to shape who we become as adults and how we begin to feel comfortable in our own skin.”

## **What Are the Difficulties?**

Children can experience many difficulties in their everyday lives. This might be families splitting up, dealing with bullying, feeling bad about themselves or using social media in a negative way.

Many children that work with Place2Be do not know how to ask for help when dealing with these challenges and therefore cannot ever see the situation improving. Things can then get worse and children's mental health may begin to deteriorate as the individual feels a sense of hopelessness. The theme of 'Find Your Brave' tries to make children and young people see that it's ok to find things hard and that more importantly, it's important to talk about things and to ask other people for help and support.

## **What Are the Solutions?**

Place2Be and Children's Mental Health Week do not claim to wave a magic wand and make everything OK but they do work towards making a difference in people's lives using positive thinking. This is done through activities that help people talk about problems they might be experiencing and to encourage them to ask for help. Place2Be also encourage children to push themselves out of their comfort zone and try something new as they believe this will help build their confidence and self-esteem.

## **Find Your Brave**

The theme of 'Find Your Brave' for 2020 looks at supporting people and giving them the confidence and tools to deal with problems and challenges in life. Place2Be want children and young people to recognise that being brave isn't about coping with these difficulties on your own or holding things in. Instead, bravery is about sharing your worries with others and asking for help. It is about trying something new or pushing yourself outside your comfort zone. Being brave means finding ways to overcome challenges by seeking help and experience from others when necessary.

We are all different and it is these differences which make us who we are.

### **Place2Be have suggested these tips for finding your brave:**

- Make a list of times when you have done something brave and think about how it made you feel.
- Think of something brave that you could do at school or in another social situation such as speaking up in class, standing up for someone or volunteering to do something.
- Think of a new skill or activity that you could try that you've never done before. Remember that it is OK to feel nervous about trying something new – everyone has to start somewhere.
- Ask other people about how what they do to Find Their Brave. They might come up with some good ideas that you could try!

