



**Children's  
Mental Health  
Week 2019**  
4-10 Feb #ChildrensMentalHealthWeek  
ChildrensMentalHealthWeek.org.uk

## Sharing with schools you know

Thank you for supporting **Children's Mental Health Week 2019 (4-10 February)**.

This year's theme is **Healthy: Inside and Out** – we're encouraging everyone to think about how they look after their bodies and minds.

We would love your help encouraging as many schools as possible to get involved and shine a spotlight on the importance of children and young people's mental health.

If you know a school – perhaps as a parent, governor or member of staff – why not encourage them to celebrate the Week with us? Below is a **suggested email template** that you can use.

Keep an eye on our [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#) pages too – and help us reach more schools by **liking, commenting on and sharing our posts!**

## Suggested text for emails

**Subject line: Free school resources for Children's Mental Health Week 2019**

*I thought you might be interested in these new school resources for **Children's Mental Health Week (4 – 10 February 2019)**.*

*You can download assembly guides, slides, group activities, top tips, fundraising ideas and more for free here: [www.ChildrensMentalHealthWeek.org.uk](http://www.ChildrensMentalHealthWeek.org.uk)*

*This year's theme is **Healthy: Inside and Out** – the children's mental health charity **Place2Be** is encouraging everyone to think about how they look after their bodies and minds.*

*They need your help to shine a spotlight on the importance of children and young people's mental health.*

*Looking forward to hearing what you think.*