## Place2Be's CHILDREN'S MENTAL HEALTH WEEK

Empower, equip and give a voice to every child in the UK





## How can we use our voice to create changes we want to see?





▲ Marcus Rashford helping out with food stocks at a FareShare centre. Photograph: Mark Waugh/Manchester Press Photography Ltd





Jaylen Arnold -Anti-Bullying Activist



Mary Grace Henry -Charity Campaigner

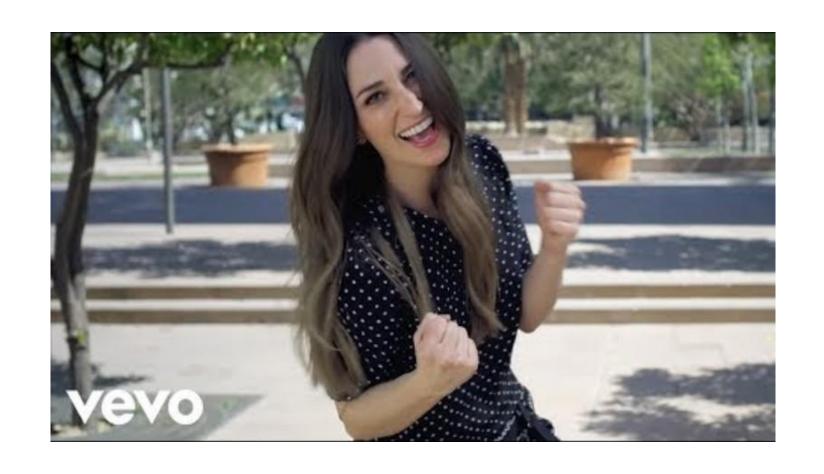


Jahkil
Jackson Helping the
Homeless



## How can you use your voice?

Voice Box, School Council, Mentors, Talk to staff, Well-Being Surveys, ELSA, Friends



## Mental Health Week 5-9 Feb @ Hollygirt

Thursday - Time To Talk Day Friday - Pride vs. Humility Task Monday - Safer Internet Day Assembly Wednesday - House Events Thursday - Using Your Voice to Take a Stand Friday - 'Wear Your Scarf to School Day'