

Mental Health Support Team (MHST)

Children's Mental Health Week

Welcome to Children's Mental Health Week! This year's theme, 'Know Yourself, Grow Yourself,' encourages self-reflection and personal growth. In partnership with Place2Be, we've created these assemblies for you to share with your school. The assemblies aim to help children recognise the positive qualities within themselves, fostering self-awareness and personal growth. By exploring their inner strengths, they'll be empowered to support their emotional development and build a more positive self-image



Video link please click

<https://www.nottinghamshirehealthcare.nhs.uk/mhst-teachers-and-schools>



Scan the above to access the
MHST web page