



Us Plus Mental Health and Wellbeing Bulletin 10

Welcome to this week's Us Plus Bulletin. We are focusing on Children's Mental Health Week which is all about 'growing together'.

Children's Mental Health Week 2022 - Growing Together

From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

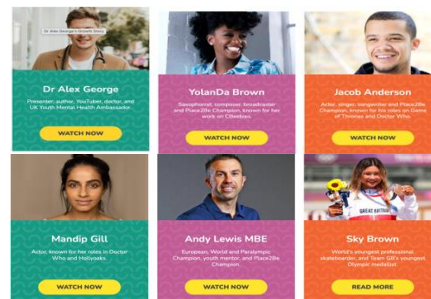
For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Growth Stories

Human beings change and grow – we do it all the time and in many ways. Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. At these times, we are reminded of how much we need others in our lives to help us to keep growing.

In exclusive interviews with presenter and Place2Be Ambassador Josh Smith, familiar faces from the world of TV, music and sport have shared their stories of emotional growth with us.

<https://www.childrensmentalhealthweek.org.uk/growth-stories/>



Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at ktaylor@penrice.org.uk

