



**Us Plus**

## **Mental Health and Wellbeing Bulletin 7**

*Welcome to this week's Us Plus Bulletin. This week is focusing on Childrens' Mental Health Week 2023.*

The theme of Children's Mental Health Week 2023 is Let's Connect, and we're encouraging people to connect with others in healthy, rewarding, and meaningful ways. But what does connection mean to young people?

Place2Be Ambassador, podcaster and journalist, Josh Smith, visited two secondary schools to ask students about the different ways they connect, and how connections can impact their mental health and wellbeing. The link to this video follows later in this bulletin.

I've included links to 3 videos – one looking at how we connect, the second one is a longer video showing Josh Smith's visits to the secondary schools and the third video shows Dr Alex George's top tips for mental health and wellbeing.

I've also shared a survey on SatchelOne which will help the TIS team develop mental health and wellbeing support at school – please complete it before Friday.



How we connect:

[https://youtu.be/guDmjMbw\\_Ag](https://youtu.be/guDmjMbw_Ag)



Josh Smith interviews:

<https://youtu.be/OWU8aA9bZfE>



Dr Alex George's 5 top tips for good mental health and wellbeing:

<https://youtu.be/EqcCf8Dqly8>

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 us at

[tis@penrice.org.uk](mailto:tis@penrice.org.uk)

