



You and your family can take part in Children's Mental Health Week from 3-9 February 2025 from home.

In 2025, the week's focus will be **Know Yourself, Grow Yourself**. We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week. This year **we're partnering with Here4You, supported by The Walt Disney Company** and the *Inside Out 2* characters to explore our theme Know Yourself, Grow Yourself.

We're partnering with Here4You, supported by The Walt Disney Company!

Place2Be's Children's Mental Health Week 2025 is joining forces with Here4You to explore the importance of self-awareness and expressing emotions.

Here4You is supported by The Walt Disney Company, and through the characters of Pixar's *Inside Out* and *Inside Out 2*, the resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

Throughout our resources and website, you might spot some of your favourite *Inside Out 2* characters, helping us explore our theme of **Know Yourself, Grow Yourself**.

<https://www.childrensmentalhealthweek.org.uk/families/>