



Place2Be's  
**CHILDREN'S**  
MENTAL HEALTH  
**WEEK**

**THIS IS  
MY PLACE**

**ARTICLE 12:** You have the right to an opinion and for it to be listened to and taken seriously.



# Children' Mental health Week 2026



# LET US PRAY

Almighty Father, we pray for children around the world who are affected by mental health issues. We pray no child would feel stigmatised or alone because of mental health. We pray particularly for the world's most vulnerable children who face mental health issues as well as the day to day battles of injustice. Amen.

St Joseph... Pray for us







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## What is Children's Mental Health Week?

Children's Mental Health Week is an annual mental health awareness week launched by children's mental health charity, Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK.



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This week PSHE has been inspired by Place2Be's Children's Mental Health Week. The theme this year is **'This is My Place'** which is based around belonging and how we can feel a sense of belonging and help others feel like they belong.



“If you are able to look yourself in the mirror every day with the decisions that you make, that's where power starts.”

Selena Gomez



## Quotes from our young people around the UK about what belonging means to them. What does belonging mean to you?

### This is what some of you had to say!

- 'It's like a place, your home, you belong with your family and friends'
- 'Feeling that you have a place where you are always welcome and valued as either place or set of people'
- 'Feeling included, not left out'
- 'Belonging means feeling a connection with something, feeling like I am meant to be there with no stresses or worries. It's all about feeling safe.'
- 'Feeling a part of something e.g. A group or society '
- 'Feeling like there are people similar to you as well as different.'
- 'Feeling like you fit in and feeling comfortable'
- 'It means that I feel happy and included where I am'



## SO WHAT IS BELONGING?

- **Belonging is emotional safety.**

It's the knowledge that you can be yourself without being judged.

- **Belonging is participation.**

It's having access to activities, conversations, decisions, and rituals that shape the group.

- **Belonging is recognition.**

It's being known for who you are and having that matter to others.

Belonging is not the same as fitting in. Fitting in asks you to change to match the group. Belonging asks the group to change so you can be yourself.



## REFLECTION

Imagine arriving at school on your first day. You know no one. You stand in the hall holding your timetable and watch groups talking, laughing, moving like a tide you can't join. For hours you walk between classes feeling invisible. Then someone asks, "Are you okay?" They show you where to go, introduce you to a friend, and later you sit with them at lunch. The feeling that follows is immediate and powerful. That single small action turns a day of fear into a day of possibility.





## WHY BELONGING MATTERS

- Adolescence is when identity is being built. Belonging gives people permission to try new things and fail without being crushed.
- Young people who feel they belong are more likely to engage in learning, take healthy risks, and reach out for help when they need it.
- Exclusion creates loneliness, anxiety, and can push people toward harmful behaviours and ideologies simply to stop feeling alone.



**WE WILL ALL HAVE HAD TIMES WHEN WE FELT WE BELONGED AND TIMES WHEN WE DIDN'T.**

**How can we help ourselves to feel we belong?**

**Top tips from other young people**

- 'Finding a place where you feel valued and welcome or people that make you feel this way'
- 'By engaging in activities that you enjoy'
- 'Try and make friends'
- 'Have an adult to talk to when not happy'
- 'Spending time with friends.'
- 'By being more kind to people and pushing yourself outside of your comfort zone to try new things and meet more people.'
- 'By talking to people about feelings.'
- 'Being around people you enjoy being with'



**CAN YOU THINK OF ANYMORE?**



## A FEW IDEAS FROM PLACE2BE:

### **Be authentic.**

Rather than trying to "fit in", focus on being your true self. Belonging comes from being accepted for who you are.

### **Practice self-compassion.**

When you make a mistake or feel like you've failed, be kind to yourself. This helps build resilience and reminds you that your worth isn't about being perfect.

### **Follow your interests.**

Join clubs or groups you enjoy. Whether it's sport, video games, music, or art, shared interests is a great way to connect with others.

### **Embrace your uniqueness.**

Think about your strengths and qualities. Don't be afraid to be different. Feeling comfortable with what makes you unique is key to building self-confidence.

### **Listen to yourself.**

Pay attention to your feelings and try to understand what you need. For example, if you're feeling lonely, listen to this and think about what might help you feel more connected.

### **Talk with and be with trusted people, to support you.**

This can help you feel a greater sense of belonging and support you when you don't feel this way.

# HOW CAN WE HELP OTHERS FEEL THAT THEY BELONG?

## Helping others feel they belong

Top tips from our young people:

Talk to new people in clubs and classes. I always try to do this.

Introduce them to fun activities where they can meet new people and find new interests.

Talk to them, ask them what would make them feel like they belong, leave them alone if they want to be left alone, but do some things with them. Make sure your day doesn't revolve around everyone else belonging, though.

Be kinder and help them feel included.

Being there to support someone so they don't feel like they're on their own.

By supporting others and showing an interest, by being kind and not bullying others, include and invite others. Understand others, if they are new be a buddy to show them around school and keep them company at break and lunch.

Putting yourself in others' shoes.

By asking people how they are and if they are okay.



Making sure that everyone feels they belong is very important to us at St Joseph's.

Below are some ideas of what we can do in our school to help everyone feel they belong.

## TOP TIPS FROM OUR YOUNG PEOPLE:

Make us feel  
important and  
included

Be happy,  
friendly and  
welcoming

Ask  
students if  
they are ok

Making a  
comfortable,  
welcoming place  
that anyone can  
use whenever.

Creating  
activities to help  
us engage with  
others and establish  
friendships.

They can enhance  
belonging by asking  
questions when they see a  
child becoming passionate  
about something.

Asking for help and  
talking to someone isn't  
scary and is actually  
really beneficial.

Drop in sessions at break  
and lunch with your trusted adult for  
people that want to talk about how  
they're feeling, draw, read,  
play board games etc.

## LET'S TRY THIS OUT

1. Turn to the person next to you
2. Exchange names and say one thing about yourself.
3. Say "Thanks" to each other



# If you need support

## Support for children and young people

**The Mix** – a UK-based charity that provides free, confidential support for young people under 25. Young people can get support from the trained team, either by **phone, webchat, or email**

**Shout 85258** – a free, confidential, 24/7 text-messaging support service.

**Samaritans** – a UK-based charity that provides free support anytime, from any phone. Call free on 116 123 or email **jo@samaritans.org** .

## Support for school staff

**Education Support** – Education Support provides mental health and wellbeing support to teachers and education staff in schools, colleges and universities. Call free on 08000 562 561 to speak to a qualified counsellor. They will offer you immediate, confidential emotional support.



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## CLOSING

Belonging grows from ordinary choices: the name you use, the invite you offer, the time you give. Small actions add up and change what this school feels like. Choose one small action now and help make this place somewhere more people can belong.

## THANK YOU!

