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| **Date**  | **Platform** | **Text** | **Image** | **Scheduled?** |
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| **Time to Talk Day** |
|  |  |  |  |  |
| **Thursday 1 February** |  | Talking about mental health isn’t always easy - and it can be hard to say how you really feel. It’s important to speak to family, friends or colleagues about our mental health - these conversations can have the power to change your own or someone else’s life. #TimeToTalk | Time to Talk 1 |  |
| **Thursday 1 February** |  | If you’re struggling with your mental health and feel you can’t talk about it with someone you know, there are organisations who can provide a listening ear without judgement. It’s important to remember that you’re not alone, and that help is out there. #TimeToTalk | Time to Talk 2 |  |
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| **Children’s Mental Health Week – Monday 5 February to Sunday 11 February** |
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|  |  | If you’re a parent or carer of young children, it’s never too early to start thinking about their mental well-being. This leaflet from NHS A&A contains some great advice on how you can support your child’s mental health. Read online at http://tinyurl.com/548mkrun#ChildrensMentalHealthWeek | CMHW1 |  |
|  |  | This fantastic resource from NHS A&A contains useful information and activities for supporting the mental well-being of younger children, as well as tips for their parents or carers. Download now at http://tinyurl.com/yaaxzz3b#ChildrensMentalHealthWeek | CMHW2 |  |
|  |  | If you have older children or teenagers at home, this creative guide offers lots of helpful information and activities that can build their resilience and support good mental health. Download now at http://tinyurl.com/yx7ukmwr #ChildrensMentalHealthWeek | CMHW3 |  |
|  |  | As a parent or carer, it’s important to support the mental well-being of your child or teenager. However, in order to do that, it’s important that we look after our own mental health too. Visit <http://tinyurl.com/y79m5pf2> to download ‘A Guide for Mental Wellbeing’ for adults. #ChildrensMentalHealthWeek | CMHW4 |  |