



Children's Mental Health Week 2024

Children's Mental Health Week 2024 will take place from 5-11 February 2024. This year's theme is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week, we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - “My Voice Matters”.

Mental health problems exist in our lives, families, schools, workplaces and communities, impacting everyone. So, we all need to come together and make sure mental health is a priority for all.

Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.