

### **Time To Talk Day**

Here below are some resources for Time to talk day with activities to get mental health awareness at the forefront.

These resources can be used to follow on to Children's mental health week (7-13 Feb). Remember children learn from what adult's model to them.

So, let's get talking about Mental Health and tackling some of the barriers and stigma around this subject and create a positive, open, honest and supportive community together.

<https://timetotalkday.co.uk/download-a-pack/#/~embed/resources/collection/759>

I've also attached a couple of parent/carers guides as well if you wish to share.