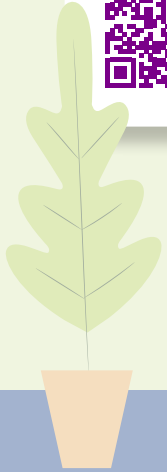


Children's Mental Health



Scan the QR code to learn more about how we can help young people thrive and build a brighter future.



Nurturing Young Minds

- ✓ 1 in 5 children and young people have a probable mental health condition, and many continue to have these problems into adulthood.
- ✓ Incorporating activities like art, storytelling or mindfulness can encourage young people to express their feelings.
- ✓ Hosting workshops, providing resources or fundraising for children's charities can make a huge difference.

counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk