

Children's Mental Health Week

EXPRESS YOURSELF!

1st-7th
February

This year the theme of Children's mental health week is express yourself! Expressing yourself is about finding a way to share your feelings and thoughts through **creativity**.

Finding creative ways to share our ideas and feelings can make us feel good and **improve our wellbeing**, especially when we are facing a difficult time.

The **Mental Health Support Team** are encouraging you to get involved by expressing yourself through **art**! This could be using drawing, painting, craft making, photography ...

Send in a picture of your creation by the end of February with your first name and age to the email below. We will feature 5 in our next newsletter!

OxonMHSTCAMHS@oxfordhealth.nhs.uk

You can capture the theme of this week by creating something that shows how your feeling, or what you think of when you consider **mental health**.

