

Let's connect  
Children's  
Mental Health  
week  
2023



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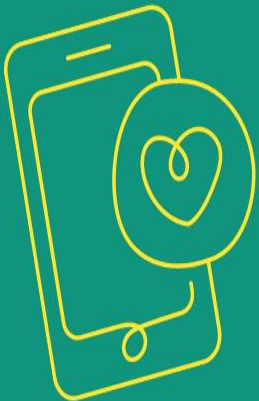


LET'S  
CONNECT



6-12  
FEBRUARY  
2023

What does connecting  
with others  
mean to you?

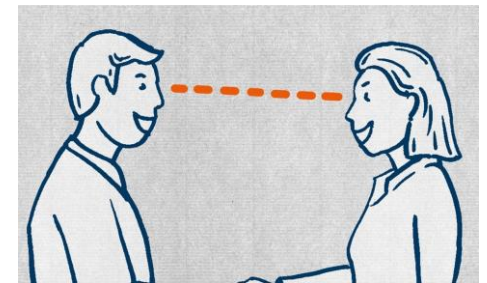




Who have  
you already  
connected  
with today?



# How do we connect with others?



LET'S  
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6-12  
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# Why is connecting important?

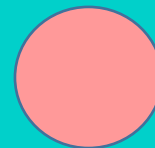






**- ROBERT J. WALDINGER -**

It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected.



**STRONG SOCIAL CONNECTIONS**  
are good for your  
mental health







Children's mental health week is about making connections.







THERE'S NO ONE  
I'D RATHER SIT  
IN SILENCE &  
STARE AT MY  
PHONE WITH.



HAPPY VALENTINES DAY



What connections can we make to support our mental well being?





When do you feel  
connected?





# What connects us?

Every  
forgiveness  
Day Belong  
caring resilience belonging  
Believe  
perseverance trust courage  
Chance Child  
Happy





Every  
forgiveness

Day Belong

caring

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respect

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Happy

