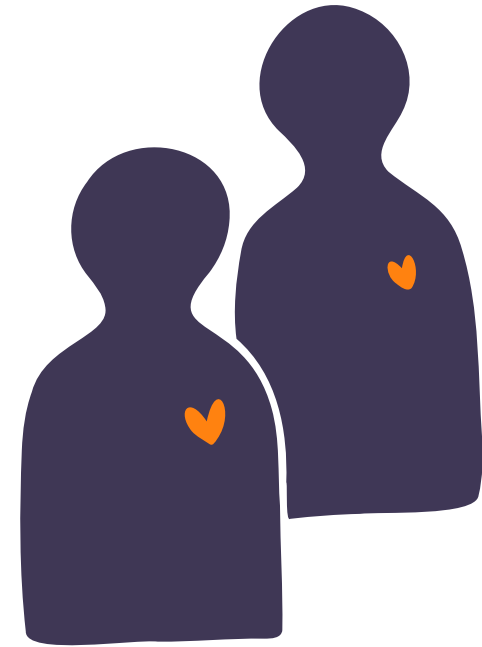
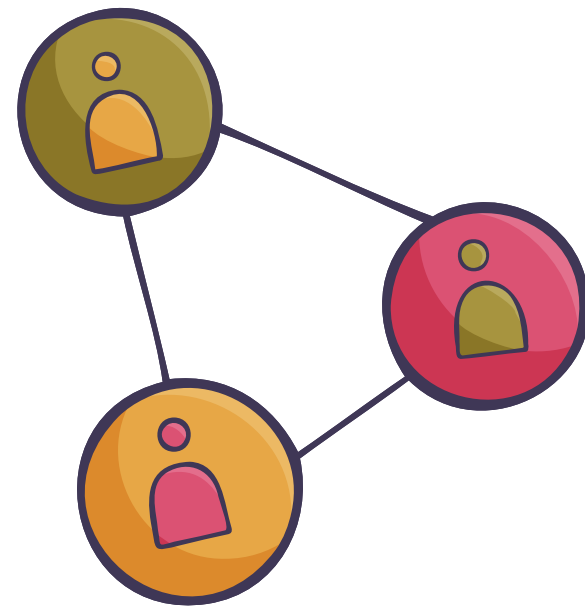




CHILDREN'S MENTAL HEALTH WEEK 2023, 6-12 FEBRUARY 2023
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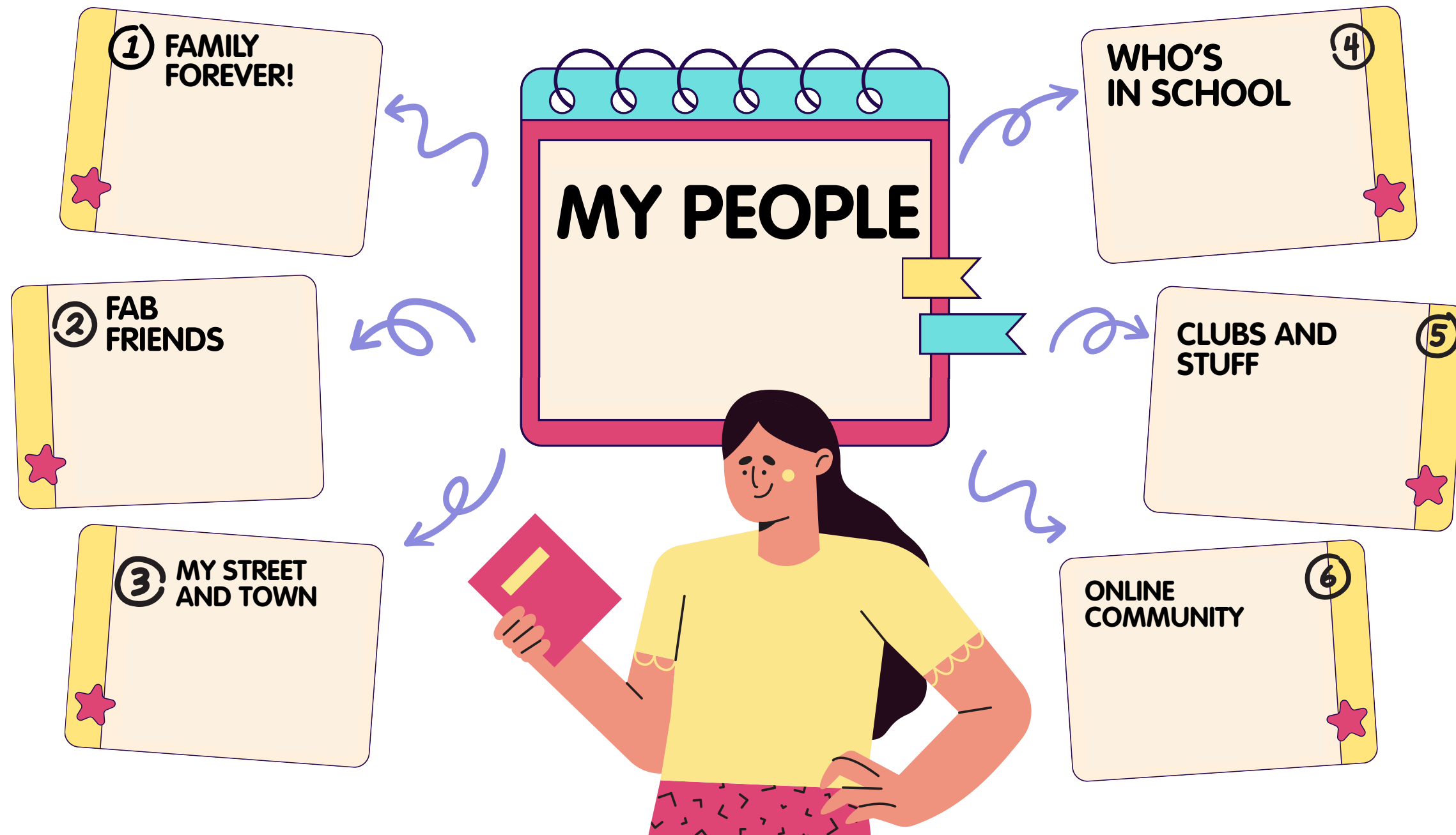
Social connection is important for our mental health and wellbeing, Together, people can support this by coming together in lots of ways, Whether it's chilling out with family, talking through a problem with a friends, or going to a club every week - it all counts. See if you can add all the people you regularly connect with on the following worksheet.



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Now add your people to the 'closeness circle' based on who you feel is closest to you, working outwards.

