

CHILDREN'S MENTAL HEALTH WEEK 'EXPRESS YOURSELF' RESOURCE PACK



**THIS YEAR'S THEME IS 'EXPRESS YOURSELF'
TAKING TIME OUT TO RELAX AND DOING SOMETHING CREATIVE
CAN BENEFIT YOUR MENTAL HEALTH AND WELLBEING.**

EXPRESS YOURSELF

#ChildrensMentalHealthWeek



Hello,

1-7th February 2021 is Children's Mental Health Week. This is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health.

CAMHS Participation team have produced a free creative art resource, for children & young people, you can either do this yourself, or your parent /carer /teacher, could support you with this.

We appreciate more so than ever, it is really important children and young people express how they are feeling. By sharing their feelings in creative ways, can make them feel good about themselves.

It would be great, if you could take a picture of your/child's completed art work and either email these to: alison.telfer1@nhs.scot or send us a message on our Facebook, Instagram or Twitter pages, we will share your artwork on our social media platforms during Children's Mental Health Week.

THANK
you

 @DGCAMHS

 @CAMHSDG

 @CAMHS_DG_NHS

**You can look at Place2Be website for more information:
www.childrensmentalhealthweek.org.uk**

WHAT IS MENTAL HEALTH?

Mental Health, is about how we think, feel and act. Just like physical health: everybody has it and we need to take care of it.

Good Mental Health can help you to think positively, feel confident and act calmly.

If you have poor mental health you might find that the way you're thinking, feeling or acting becomes difficult to cope with. You might not enjoy things that you used to like doing, you might feel sad, or angry for longer time than usual.

We can all feel, sad, worried and angry at times this is very common.

YOU
matter

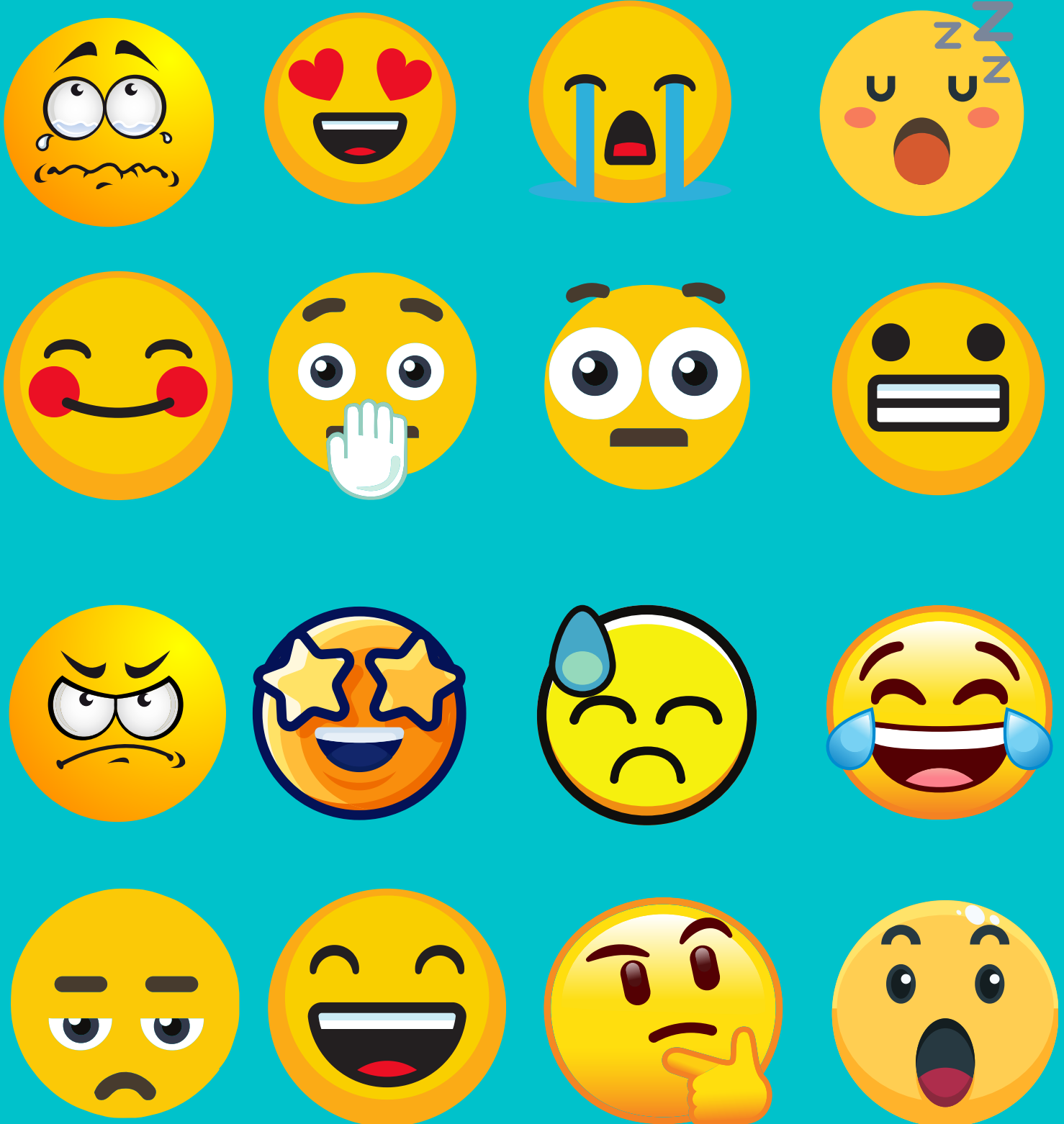
If these feelings last a long time and are affecting your day to-day to life, it might be a sign that you need more help.

It is always good to talk to an adult you trust about how you are feeling. You could always write down or draw your feeling's too.



EMOJI FEELINGS

Pick an emoji and circle this, to show how you are feeling today?



'EXPRESS YOURSELF ART ACTIVITY'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

Can you create a picture, showing what you like, hobbies and your dreams, you can draw, write, paint, use stickers, cut out pictures or words from magazines or newspapers or use photo's.

RESOURCES YOU MIGHT NEED?



SCISSORS



GLITTER



GLUE



MAGAZINES



PAINTS



COLOURING PENCILS



GEMS

**STICKERS
BUTTONS**

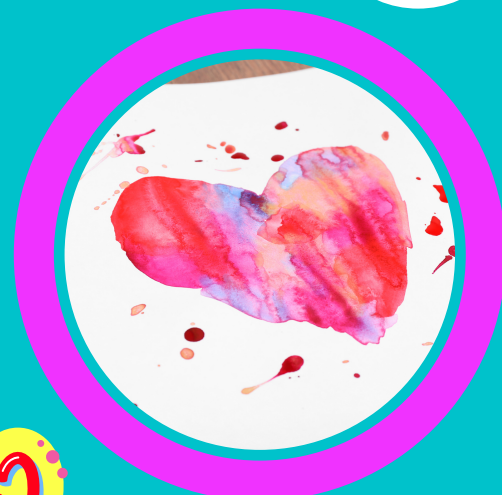
HERE IS AN EXAMPLE



★ express yourself ★







it's okay to
feel your
feelings



When you listen to certain songs, you can remember different memories and feelings. Get some plain paper, paint and paint brushes, and play some music. Whilst listening to this, express how you are feeling on the paper using the different coloured paint. You could try this a couple of times listening to different music styles etc After you have left these to dry, you could create a collage with your art work.

'EXPRESS YOURSELF ROCKS'

Make someone else smile, by painting rocks, with positive messages on them and hide them for others to find. Remember to take a photo.



RESOURCES YOU WILL NEED

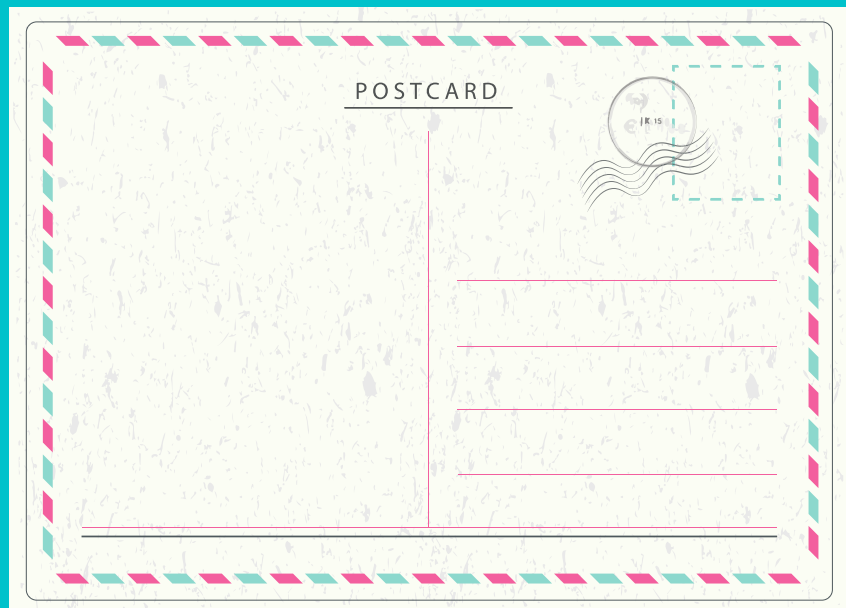
- 1 Pick a smooth rock
- 2 Ideally wash the rock
- 3 Acrylic Paint works well.
- 4 Try and paint a white base coat first.
- 5 Paint your design
- 6 Leave your rock to fully dry.
- 7 Seal your rock with clear gloss varnish

Remember to write #CAMHSDG on the other side of your rock



LETS START THE CONVERSATION

On Thursday 4th February 2021, is time to talk day. This day highlights the importance of talking and how one small conversation has the power to make a big difference.



- See Me Scotland are encouraging people to send a postcard to someone you haven't spoken to in a while, say 'Hello' and ask them 'How are you?' You
- can download postcards from their website:
<https://www.seemescotland.org>



@DGCAMHS



@CAMHSDG



@CAMHS_DG_NHS

USEFUL INFORMATION

Child Adolescent Mental Health Services (CAMHS) & ISSU 18 (Young People Substance Service) are open and continuing to do our best to ensure that all children and young people get the care they need, by offering virtual appointments via:

NHS Near Me

and /or

Telephone Appointments



If after speaking to you by NHS Near Me or on the telephone, we agree that you need to be seen face to face, we would then arrange this.

If you have an **Enquiry**, regarding a child or a young person, please call CAMHS on:



01387 244662 (Monday-Friday) between, 10am-4pm to speak to a Clinician.

Parent/Carers and young people can self refer to CAMHS & ISSU 18, either by calling



01387 244662 or send an  to: **dg.camhs-mail@nhs.scot**



Child and Adolescent Mental Health Service



ONLINE ART WORKSHOP

TUESDAY 2ND FEBRUARY AT 4PM-4.45PM

This workshop is for children / young people who are currently accessing CAMHS or ISSU 18 if you like to doodle, draw, paint, take photograph's or manga art, why not come along.

Either speak to your worker or send us a message via our social media pages, we will get back in contact with you.



@DGCAMHS



@CAMHSDG



@CAMHS_DG_NHS