

# Children's Mental Health Week 2024



## Your Voice Matters!

The theme for Children and Young Peoples Mental Health Week 2024 is Your Voice Matters. The week runs from 5-11 February 2024 and is an opportunity to give a voice to all children and young people in the UK.

We always want to hear from you so that we can provide the services you need. Please take the time to tell us what you need to support your mental health, or talk about your own experiences.

For example you might tell us more about:

- How you'd like to receive support
- What's stopped you from seeking help
- If you've received mental health support, what went well
- And what you'd like to see changed or done differently

Please send feedback to [camhsschoolsymm@ghc.nhs.uk](mailto:camhsschoolsymm@ghc.nhs.uk)—if you can tell us which school you are from and which year group that would also help. Thank you!

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## Experts by Experience

Youth Experts by Experience are young people between the ages of 13 and 18 who currently use or have recently used children and young people services including mental health services or their school nurse. They help us to make services better for young people.

They are involved in

- Checking information we produce is child and young people friendly
- Making our services better for children and young people
- Representing young people's views
- Training staff who work with children and young people
- Being part of interview panels to recruit new staff
- Helping us with project work

You get to choose what you would like to get involved in and we are very flexible around school, college and work commitments. Involvement is usually online and we do pay depending on what you are asked to do.

Find out more by speaking to a member of the Young Minds Matter team or send an email to [partnershipandinclusion@ghc.nhs.uk](mailto:partnershipandinclusion@ghc.nhs.uk)