

6-12 FEBRUARY 2023

#ChildrensMentalHealthWeek



WHY WE NEED YOUR SUPPORT

We know that children and young people need our support now more than ever, with a record number of children being treated for mental health problems in 2022.

Last year, Place2Be supported more than 5,800 pupils through one-to-one counselling. Many of these children and young people face challenges which can make it hard for them to focus at school.

By helping to spread awareness and raise much-needed funds this Children's Mental Health Week, Place2Be can reach more children and young people and get closer to a future where every child has easy access to mental health support.

50%

of adults with lifelong mental health problems first experience symptoms by the age of 14.

1 IN 10

boys aged 5-19 with a mental health condition are excluded in some form from school

420,000

In 2022, a record 420,000 children a month in England were treated for mental health problems.

1 IN 6

children and young people have a diagnosable mental health condition. That's 5 children in every classroom.

HOW YOUR SUPPORT WILL HELP



£16

could pay for a child to **speak to a qualified counsellor** about their worries in a lunchtime session

£54

could pay for a child struggling with trauma to have a **50-minute one-to-one session** with a counsellor

£252

could pay for **4 specialised parent coaching sessions** for a parent and child to have together

£500

could allow over **31 children** to book their own appointment to **speak to a mental health professional** about issues like anxiety, low mood or self-harm

£1080

could help fund a full round of **one-to-one counselling sessions** for 2 vulnerable children



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HOW TO RETURN YOUR FUNDS



There are a number of ways you can return the money you raise this Children's Mental Health Week, and the sooner you pay in your fundraising, the sooner we can put it to work supporting children's mental health.

USE YOUR ONLINE FUNDRAISING PAGE

Use your JustGiving fundraising page to collect donations and to pay in any cash donations you receive. Head to [justgiving.com/campaign/CMHW2023](https://www.justgiving.com/campaign/CMHW2023) to get started. All donations made to your fundraising page come straight to us making it super easy for you!

DONATE ONLINE

Deposit the funds into your bank account and pay with your credit or debit card on the Children's Mental Health Week website at bit.ly/3TPzvx9

AT THE BANK & BANK TRANSFER

Please get in touch with the Place2Be Fundraising Team at friends@place2be.org.uk if you would like to donate via BACS, Bank Transfer or by depositing your fundraising at a bank branch.

BY POST

Cheque and CAF vouchers can be made payable to Place2Be and sent to the address below.

Children's Mental Health Week team
Place2Be
175 St John Street
London
EC1V 4LW

Please include a note with your cheque or CAF voucher letting us know your details and that you raised this money through Children's Mental Health Week fundraising.

