



FEBRUARY 2026



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What is mental health?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

Children's mental health is shaped by many different factors, including:

Biological: Genetics, brain development, physical health, and how well they sleep all play a part.

Psychological: Their self-esteem, how they cope with challenges, and any experiences of trauma or loss can affect how they feel and behave.

Family & social: Parenting style, family conflict, friendships, and bullying all have a big influence.

Environmental: School stress, money problems, discrimination, social media, and how easy it is to get help also make a difference.

Strong relationships, feeling safe, having healthy routines, and getting help early can really support children's mental wellbeing.



DID YOU KNOW?



Research in 2023 found that 1 in 5 children and young people aged 8-25 had a probable mental health disorder. That's around 6 children in every class!

Source: NHS

Signs of poor mental health

Signs of poor mental health in children and young people will vary, but here are some common signs to look out for.

Emotional: Often sad, anxious, or irritable. Mood swings or low self-esteem. Feeling hopeless or guilty.

Behavioural: Withdrawing from friends or family. Losing interest in usual activities. Behaviour changes, aggression, or self-harm.

Physical: Trouble sleeping or eating. Frequent headaches, stomach aches, or tiredness.

School & social: Drop in performance in school or avoiding school. Difficulty concentrating or making friends.

Mental Health Support services

There are a number of services and charities that can offer advice and support. Click on the logos to head straight to their websites!

YOUNGmINDS



Changing childhoods.
Changing lives.



5 WAYS TO
WELLBEING

tellmi



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

9-15
FEB
2026

KEY DATES

Time to Talk Day- 6th February

Children's Mental Health Week-
9th -15 Febth

National Apprenticeship Week- 9-15th Feb

Safer Internet Day- 10th February

Eating Disorders Awareness Week- 24th
February to 2nd March

Beat has lots of resources help you learn more about eating disorders and how to seek help. Find out more [here](#)



Children's Mental Health week will take place from 9-15th February and the theme this year is **This is My Place**. The theme explores the vital role of belonging. A sense of belonging - whether in our families, schools, peer groups, or wider communities - is a fundamental human need. It helps us feel secure, supported, and ready to learn and grow.

When children feel they belong, they are more likely to have positive mental health, build healthy relationships, and believe in their ability to make a difference.

Source: Place2Be

Find out more [here](#)

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Winter
Support

Find Winter support
information for your
area here

Chill, Chat and connect

Are you a parent or carer of a young
person aged 0-19?

Come along to our family wellbeing advice and
drop in session
A safe space to chat

A time for family wellbeing workers to look at any
services that may be helpful to you and your
family. Children welcome.

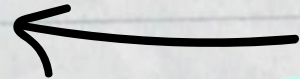
Wigston Magna Children and family wellbeing
centre
Long Street, Wigston, LE18 2AH
1PM-2:30PM

Most pharmacies can help you
with **seven common conditions**
without needing a GP
appointment

Providing NHS services



Speakout
Wellbeing resources



Most pharmacies can help you with **seven
common conditions** without needing a GP
appointment

Providing NHS services



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Ask your pharmacy
for more information
about this free* NHS
service

Visit your
Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

Speak to your pharmacist
if you suspect you have

Earache
(Children aged 1 to 17 years)

Visit your
Pharmacy First!