


Mental Health Improvement Team

Children’s Mental Health Week: 9–15 February 2026



This is My Place

This year’s theme for Children's Mental Health Week, is **"This is My Place"**, which focuses on fostering a sense of belonging in schools, homes, and communities to support children’s mental wellbeing.

A sense of belonging helps children feeling supported, respected, included and is crucial to their mental wellbeing, reducing anxiety and improving learning. To participate in the week, click on the image  to download free resources.



Belonging at School Resources

Click on images to download information

respectme. A range of free downloadable resources including celebrating differences, respect and kindness and empathy.



Who Cares? Scotland. Communities Care Resources includes “Creating inclusive communities through our Whole-School approach.”



Scottish Government. Guidance on fostering a positive, inclusive and safe school environment.



I Am Me. Hosts a suite of resources, such as Disability Awareness, Children’s Rights and hate crime.



Childnet. Help and advice for staff, parents/carers, and children young people on keeping themselves safe from experiences that erode feelings of belonging, including bullying, grooming, and harmful content.



Belonging at Home Resources for Parents and Carers

Parent Club Scotland. A website that acts as a central hub providing useful information to support parents and carers.



Kids Independently Developing Skills (KIDS) for Families. Offers trusted advice and resources to support development from birth through the teenage years.



Education Scotland. A positive home learning environment makes a big difference to children's learning. Guidance to support learning at home in a number of areas including health and wellbeing.



Play Scotland. Play is an important part of children's healthy development and creating healthy relationships. Suggestions for low or no cost play ideas.



Belonging in Communities Resources

Digital Wellbeing Conversations Toolkit. Supports adults to have regular and open conversations about children and young people’s online lives, helping them to participate in safe, respectful and positive online spaces where they feel they belong.



Internet Matters. Guides for young people, parents/carers and professionals to help children and young people to take part in online communities confidently and safely. Covering issues like online bullying and inappropriate content, awchich can damage feelings of belonging online.



One Good Adult. A film sharing the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.



Barnardo’s. Identity and who you are. Sometimes you might have questions about where you fit in? Who am I? What am I in to? What kind of person am I? Tips to help you figure things out.



Helplines and Support

Children First Support Line. A free helpline offering offering emotional, practical and financial help. Call **08000 28 22 33** Mon-Fri 9am - 9pm and weekends, 9am – noon or start a webchat <https://www.childrenfirst.org.uk/get-support/support-line/>



One Parent Families Scotland. The Lone Parent Helpline provides advice and support to single parents. From dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work. Call free **0808 801 0323**, Mon Fri 9.30am to 4pm or use webchat function <https://opfs.org.uk/talk-to-us/lone-parent-helpline/>



TalkTime SCOTLAND. Provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text **07774 210 104**



ChildLine. Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit www.childline.org.uk



NHS 24. Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.



Breathing Space. For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87.** Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



Samaritans. Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123.**