

CHILDREN'S MENTAL HEALTH WEEK



Meaningful connections
are important to our
wellbeing.

They provide a
buffer against
mental ill health

One that makes you
feel seen and heard;
one that is positive
and where you feel
like you matter.

But what's a
meaningful
connection?

How do I get
a meaningful
connection?

- Spend time with people in real life, not just online.
- Speak to people rather than just messaging.
- Reach out to people you've lost touch with.
- Get involved in activities to connect with people with shared interests.



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