



CHILDRENS MENTAL HEALTH WEEK

“YOUR VOICE MATTERS”

06.02.2024

On February 6th, the health and mind club celebrated the annual ‘Children's mental health week’. The event created a vibrant atmosphere with lively music and uplifting messages for the students.

The event kicked off with the club members discussing the increasing prevalence of anxiety and depression among children in recent years and how prioritizing mental health can help combat these feelings.





The event then proceeded with a gratifying poem written by one of our alumni, emphasizing that it's okay to not be okay and acknowledging that everyone experiences moments of anxiety and depression

* The event concluded with an exhilarating rendition which was performed by one of our club members which provided a positive end to Children's Mental Health Week.

