

Children's Mental Health Week

3rd-9th February 2020

Be dazzle 

be·daz·zle: /bə'dazəl/: verb. To greatly impress
(someone) with outstanding ability.

Find Your Brave!

When was a time in your life you had to brave?

How did it feel when you had to be brave?

When life
puts you in
tough
situations,
don't say
"why me?"



Say "try me!"

Bedazzle

Overcoming Challenges

In the coming months
you will face a host of
challenges:

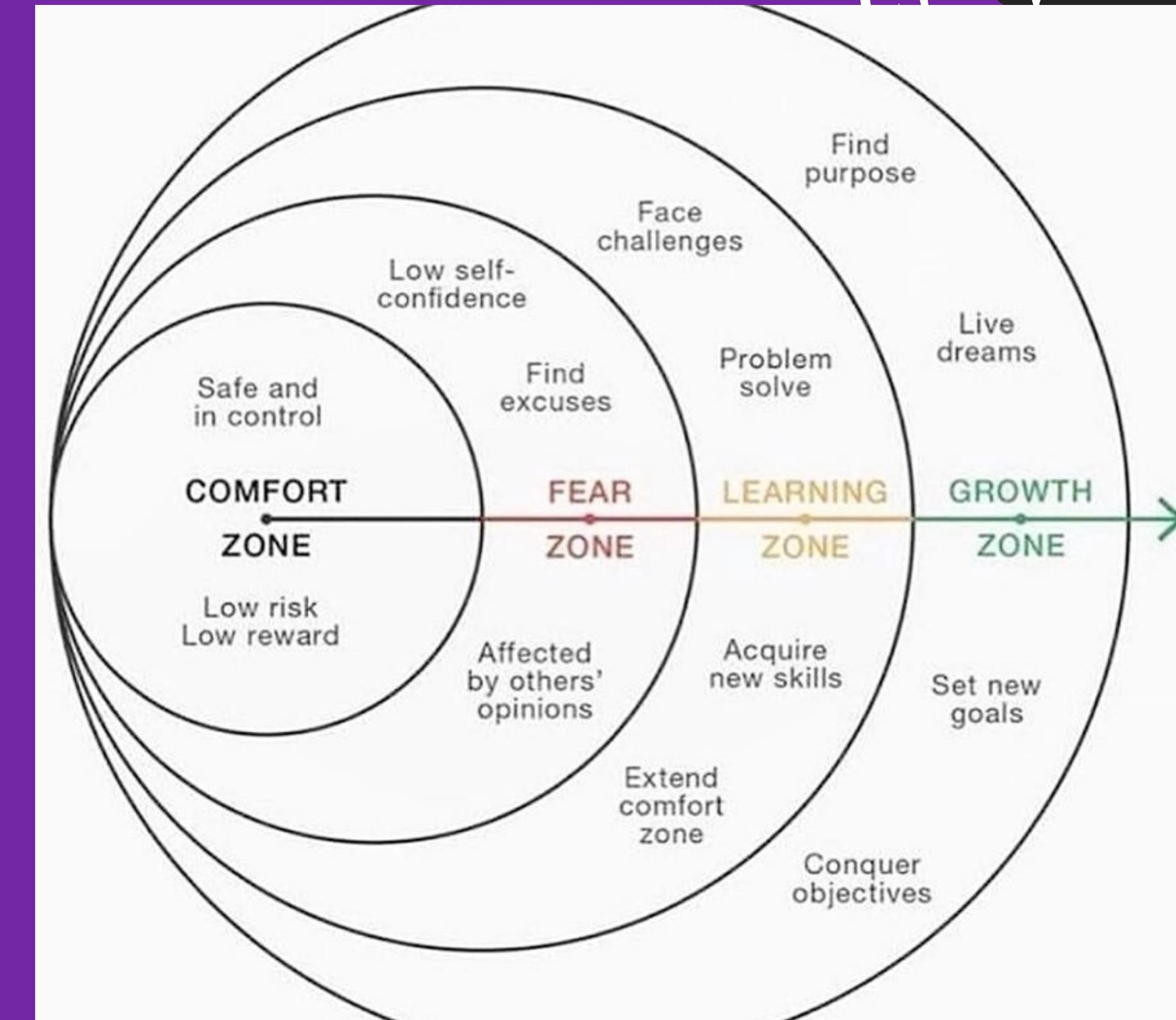
Exams
New Chapters
Goodbyes

Being Your True Self

Our life experiences in our youth, shape who we become as adults - have the courage to find your voice!



Comfort Zone







REMEMBER...

IT'S BRAVE TO

ASK FOR HELP

www.bedazzle.org.uk

facebook.com/bedazzleuk

Instagram: @bedazzle_uk