

# 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?





# Overcoming Challenges

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

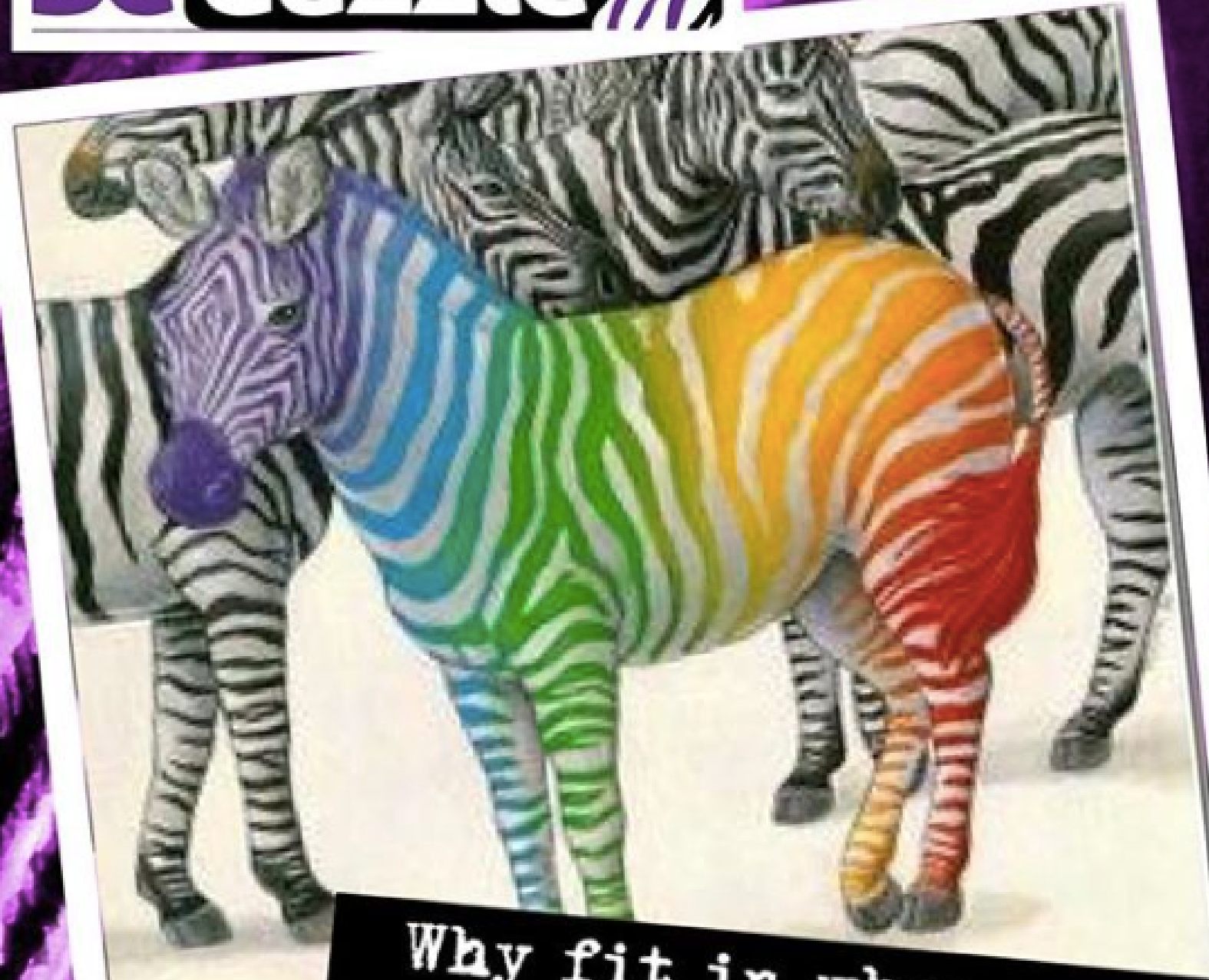
Exams  
New Chapters  
Goodbyes



# Being Your True Self

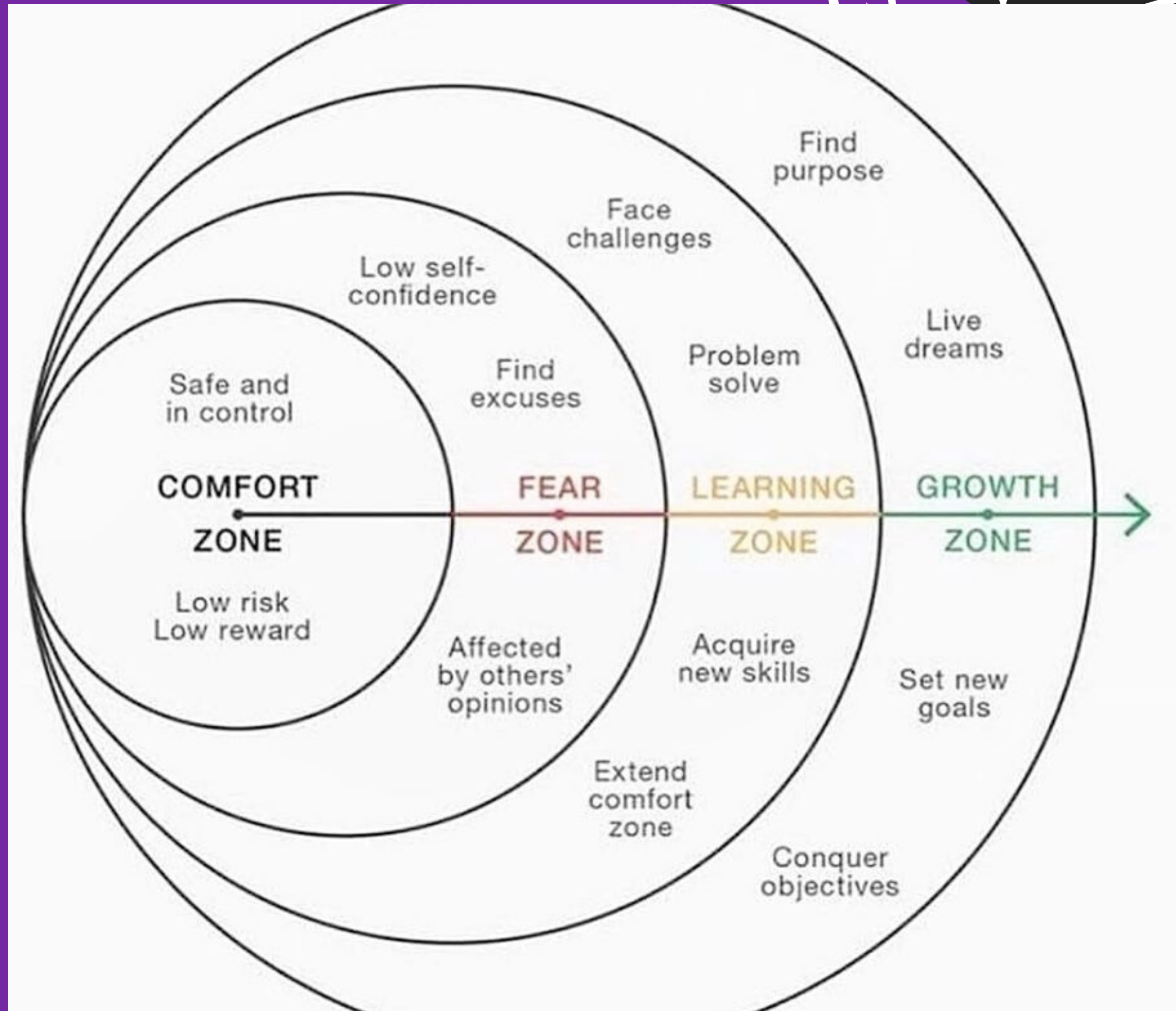
Our life experiences in our youth, shape who we become as adults - have the courage to find your voice!

Bedazzle



Why fit in when you were  
born to stand out?  
Dr Seuss

# Comfort Zone









**REMEMBER...**  
**IT'S BRAVE TO**  
**ASK FOR HELP**

[www.bedazzle.org.uk](http://www.bedazzle.org.uk)

[facebook.com/bedazzleuk](https://facebook.com/bedazzleuk)

Instagram: [@bedazzle\\_uk](https://instagram.com/bedazzle_uk)

