





MENTAL HEALTH AWARENESS WEEK

BUILDING RESILIENCE AND MENTAL STRENGTH

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WE WANT YOU TO HELP CREATE SOMETHING SPECIAL

This year, for Mental Health Awareness Week, we want children and young people to help design and organise a special event.

 **Mental Health Awareness Week Event**
 Bathgate Partnership Centre
 12th May 2026
 4:30-6:00pm

We want the event to be created by young people, for young people – your ideas, your voices, your creativity.



WHAT IS MENTAL HEALTH?

Mental health is all about how we think, feel, and act.

It helps us understand our emotions, make choices, and get along with others.

You can think of it like this:
Just like your body can feel tired or sore, your feelings can feel heavy, worried, or sad sometimes. That's your mental health telling you it needs some care.



Everyone has mental health – children, young people, and adults – and **all feelings are okay.**






JOIN THE PLANNING TEAM!

We're hosting two design and co-creation sessions where young people can come together to plan the event:

These sessions are a chance to:

- share ideas
- design activities
- create posters
- help decide what happens on the day
- work together to make the event fun, welcoming, and meaningful

PLANNING MEETINGS

 101 Youth Project
 6-8pm
 -24th April
-8th May



IF YOU WOULD LIKE TO BE INVOLVED PLEASE EMAIL:
CHILDRENSRIGHTSNETWORK@WESTLOTHIAN.GOV.UK