

Library



The theme of this year's Children's Mental Health Week is **Find your Brave**.

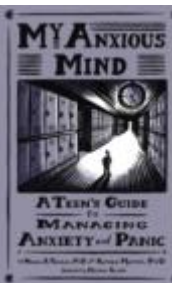
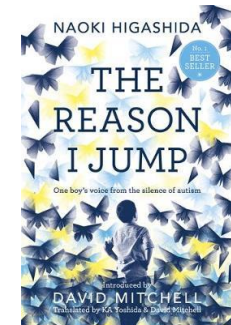
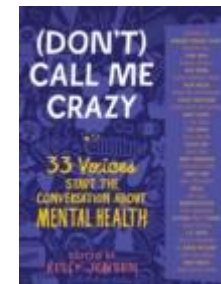
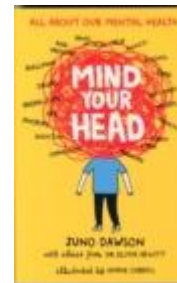
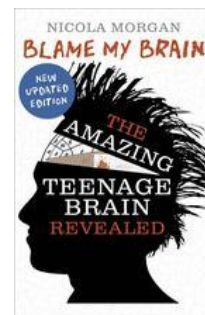
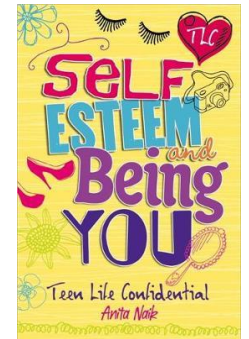
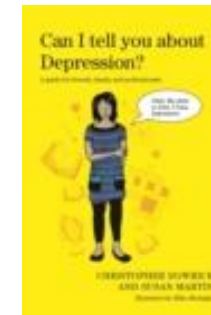
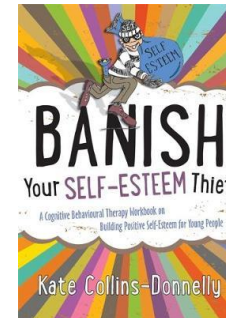
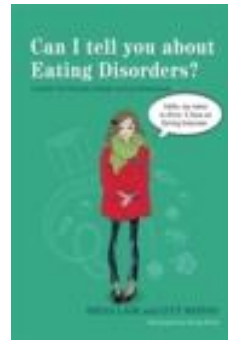
Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.

When you **Find your Brave**, it can help you feel good about yourself and more **confident to face future challenges**.

Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and **asking for help if you need it**.



#Children'sMentalHealthWeek



Visit the library where you will find fiction and non-fiction books with a focus on mental health and wellbeing.

You may find something new or interesting, something that helps you, or even something that helps you understand how somebody you know may be feeling.