



Suggest Post	Image & extra info
<p>This week we're talking about children's wellbeing across Norfolk. Why not try out this daily activity challenge from @norfolkcc to help them feel better and look after their wellbeing.</p> <p>Download our activity sheet today: http://nccfas.co/Gf2Tu #ChildrensMentalHealthWeek</p>	 <p>The image shows a poster titled 'Five Ways to Wellbeing Activity Sheet'. It features a large yellow smiley face emoji at the top left. The text on the poster says: 'Use the challenges on this sheet to help your child feel better and find ways of managing their own mental wellbeing. Why not cut them all out and encourage them to choose one or two per day to do. Once they have tried them all they can pick their favourites to do regularly.' Below this, there is a section titled 'Be active' with three small boxes containing different icons: a person running, a person sitting, and two stars.</p>
<p>It's here! The 'This is How #WeveGotThis' campaign for children and young people across Norfolk has launched. We're supporting this campaign and encouraging young people to join in on social media to share all the things that make them feel better during these difficult times.</p> <p>So if you know a child or young person who might want to join the discussion, or just follow us for some amazing hints, tips and positivity then please encourage them to follow us on:</p> <p>👉 Instagram: (@Thisishow_Norfolk) http://nccfas.co/P35k7 👉 TikTok (@Thisishow_Norfolk) http://nccfas.co/iAQwH You can download our handy guide on how young people can support the campaign on our website: http://nccfas.co/Zlxee</p>	 <p>The image is a graphic for the 'This is How #WeveGotThis' campaign. It features the text 'This is How #WeveGotThis' in a bold, sans-serif font. Below the text are several icons: a lightbulb, a hand holding a heart, a speech bubble, a target, and a large eye. At the bottom left, there is a Twitter handle: @thisishow_norfolk.</p>

Keeping the kids busy is tough when you're stuck at home and they're missing their friends and hobbies, so we've pulled together some fun activities they can do.

They're all focused around the NHS 5 Ways to Wellbeing and should act as a good mood boosters. ⚙️

Check them out on our website:

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/norfolk-feel-good-fun>



Use 5 ways gif

If you need help or advice supporting your family's health and wellbeing.

Visit the @NorfolkCYP page to find out how you can talk, get support and advice to keep your family safe.

Call 0300 3000 123 or
visit <https://www.justonenorfolk.nhs.uk/>



It's okay not to be okay, but remember you're not alone – you can talk to someone.

📞 Call Just One Norfolk on 0300 300 0123 or text SHOUT to 85258

💻 Or sign up for Kooth's free online counselling at [kooth.com](https://www.kooth.com)



If you've been struggling with your mental health, text the ChatHealth Norfolk helpline anonymously on 07480635060. You can talk to someone on this number from 9am-6pm on weekdays or 9am-1pm on Saturdays.

A poster for ChatHealth Norfolk, an NHS helpline for young people. The background is black with a large, stylized pink number '7' on the left. Inside the '7' is a photo of a young person in a green hoodie holding a smartphone. The text 'Children & Young People's Health Services' and 'NHS' are in the top left and right corners respectively. The title 'ChatHealth Norfolk' is in large, pink, bubbly letters. Below it, a blue box says 'CONFIDENTIAL SUPPORT' and a pink box says 'For Young People 11-19'. To the right, white text asks if the user is struggling with anxiety or having issues staying healthy. A pink box at the bottom contains the text 'TEXT: 07480 635 060'.

Children & Young People's Health Services

NHS

ChatHealth Norfolk

CONFIDENTIAL SUPPORT

For Young People 11-19

Struggling to cope with anxiety and concerns about the current situation?

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

TEXT: 07480 635 060