



The theme for Children's Mental Health week this year is **"My Voice Matters"**

We were delighted to have been joined by BICS who delivered an assembly about what mental health is and how it can make us think, feel and act.

BICS is a service within Barnet who support children and young people's wellbeing and mental health. They provide mild to moderate mental health services to children, young people and families in the borough.

They also delivered a workshop about the importance of self-care. Children were able to identify things that may make them feel stressed but also importantly, they were able to identify strategies to help them cope with some of these stresses that they may have.

