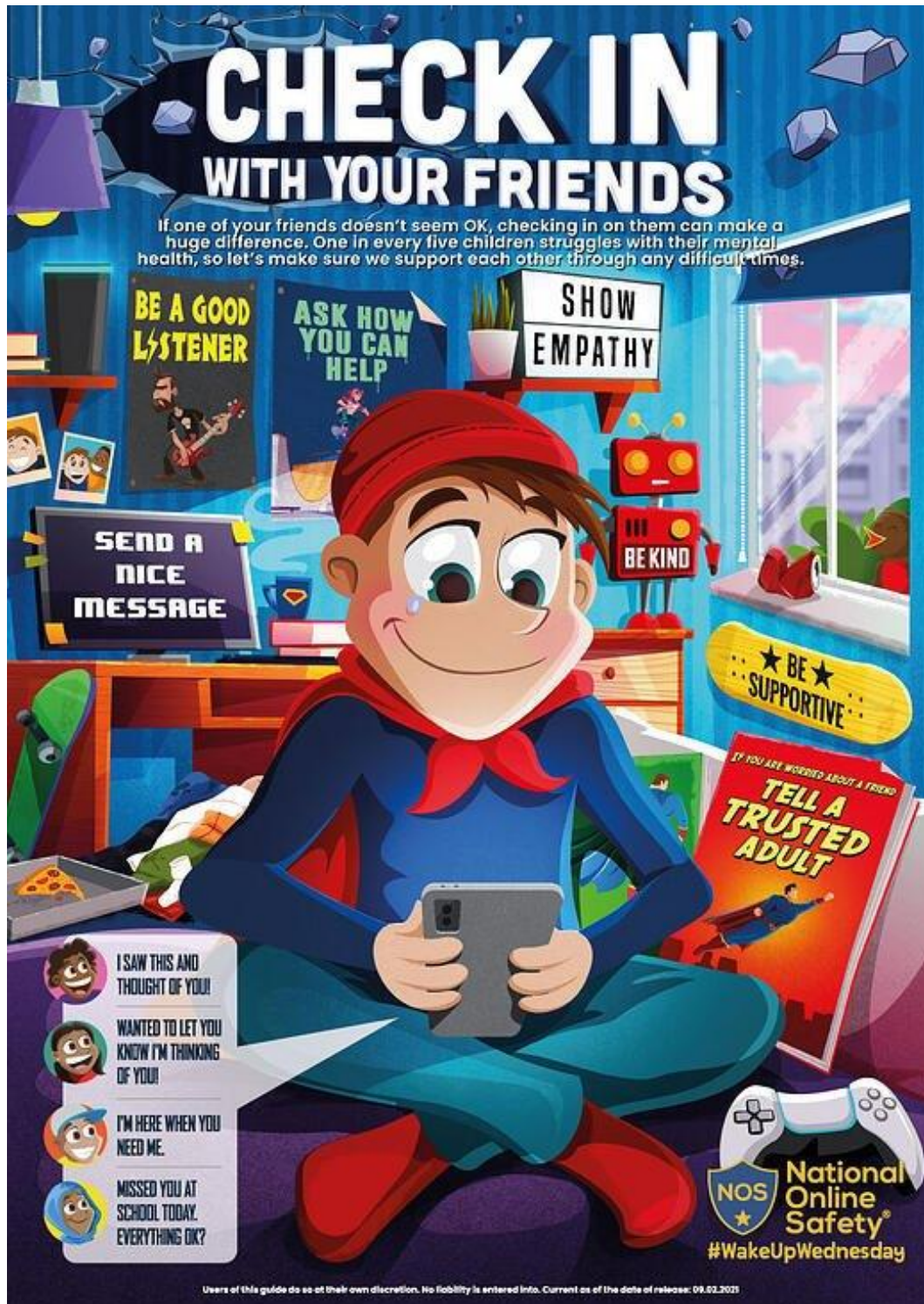




#WakeUpWednesday

Check in with Your Friends



Concerns over the impact of social media on mental wellbeing have often been raised in connection with the substantial growth in mental health problems among the young. In the same context, however, social media can also be a force for good: it enables children to – privately and discretely – check in with friends who they believe are experiencing a bad time.

In support of Children's Mental Health Week, we've produced a special #WakeUpWednesday poster that can be printed and displayed in classrooms. It's designed to remind young people that their friends might not always be OK – and when that happens, simply reaching out and being there for them can be a wonderfully reassuring act.