



The Park  
Federation

*to question isto grow*

Lake Farm Park Academy

*Learning, Achieving, Aspiring Together*

**We're proud to support**

15 to 21 May 2023

**Mental Health  
Awareness Week**



**Useful links:**

Anxiety support:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety>

Children and Young people

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/children-and-young-people>

Online support:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/online-mental-health-support>

Sleep and Mental Health:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/sleep-and-mental-health>

Mindfulness:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/mindfulness>

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