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the European Union

**HEALTHY
MIND,
HEALTHY
CHILD**

PRESS RELEASE #9

Community Events Promote Mental Health Awareness



As part of the HMHC project, local community events are being organised to promote awareness of children's mental health.

These events bring together children, parents, teachers, mental health professionals and community members to discuss mental wellbeing and share knowledge.



Community engagement plays an important role in building supportive environments where children feel safe and understood. The events also provide opportunities for families and educators to learn practical strategies for supporting children's emotional development.

