

Good mental health for children – for life



Who we are

Partnership for Children is a charity that helps children to be mentally and emotionally healthy – just as exercise, good food and sleep help them to be physically healthy.

We help young children learn how to deal with difficulties, so that they'll be better able to cope with problems and crises now and as teenagers and adults. We want all children to live full and flourishing lives.

What we do

We focus on young children (aged 5 – 12 years), producing resources for teachers, parents and carers, giving them the information and tools they need to support their children – activities to help a child cope with anger, advice on how to help children when their parents split up, information on what to do if a child is being bullied.

'Most programmes give children life jackets. Zippy's Friends teaches them how to swim.' Teacher

'I felt better when I found out that other children feel the way I do too.'
Apple's Friends pupil

'I have a difficult class with challenging behaviour, and Zippy's Friends has really helped to bring the class together.' Teacher

Zippy's Friends and Apple's Friends

Our flagship programme is *Zippy's Friends*, one of the world's most successful mental health promotion programmes. Taught in primary schools across England and in 30 other countries around the world, *Zippy's Friends* helps children aged 5-7 to deal with difficult issues such as anxiety, communication, friendship, bullying, conflict, change and loss. Evaluations have shown that classes who take part in *Zippy's Friends* show improvements in coping and social skills, bullying is reduced and academic results improve. In 2016 we launched *Apple's Friends* for children aged 7-9 and we also have a specially adapted version of *Zippy's Friends* for children in Special Schools.

Why do we need to promote children's mental health?

Although physical health is important, children can't feel really well unless they are also mentally and emotionally healthy – and many aren't. Half of lifetime mental illness starts by the age of 14, and three children in every classroom have a mental health problem.

Modern life can be full of challenges for our children. We can't change this but we can help children to develop the skills they will need to cope with life's difficulties, to understand and manage their emotions and to develop resilience. To date over 1.5 million children have taken part in **Partnership for Children's** programmes around the world.

To find out more, to download free resources, or to make a donation to support our work, please visit www.partnershipforchildren.org.uk

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