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DONATION MARKS CHILDREN'S MENTAL Health Week



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A Devon business has raised a total of £500 for a charity which works to support children's mental health.

Thrive, based at Seale Hayne, near Newton Abbot, which works with schools and other organisations to help children become more emotionally resilient, chose Help Me, I'm Fine as its charity of the year for 2019.

Help Me, I'm Fine was set up by Helen Cousin, from Nottinghamshire, in June 2017 shortly after her 16-year-old daughter, Maisie, took her own life. Since then, HMIF has raised thousands of pounds to provide mental health sessions in primary schools.

Thrive's fundraising efforts have included a raffle, several bake sales and donations in lieu of sending Christmas cards. The donation has been handed over to mark Children's Mental Health Week (February 3-9) to highlight the importance of supporting children and young people's mental health.

"Help Me, I'm Fine is playing a vital role in helping children to better understand and manage their emotions. Everyone at Thrive has been delighted to get behind raising money for the charity because of its work in this important area which is, thankfully, now becoming much more widely recognised and talked about," said Diana Dewing, managing director of Thrive.

Thrive has developed a specific way of working with children that supports their social and emotional wellbeing. It draws on neuroscience and attachment theory and has created a systematic approach to the early identification of emotional and social developmental needs in children.

The company's donation will be used to buy colourful plants and flowers for a sensory garden that Help Me, I'm Fine has been creating at Misterton Primary School, in Nottinghamshire, ahead of its opening on April 22.

"We're so grateful for donations like this which are making an amazing difference to our work. We want people to talk about mental health in the same way they would talk about their physical health so that children know how to ask for help," said Helen Cousin.

Helen, who works as a teaching assistant, believes that supporting the emotional health of children in primary school will give them the tools they may need as teenagers to cope with life's ups and downs, ultimately reducing the likelihood of other teenagers taking their own lives.

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