

# The Mid Kent Mind Round-Up

## February 2022



### Time To Talk Day

This month, Mid Kent Mind celebrated Time To Talk Day, an awareness day focused on creating supportive communities by having conversations with family, friends, or colleagues about mental health. On this prestigious day, we encouraged everyone to walk the talk, with the help of The mason mile in order, to get people exercising and talking about mental health.



### Children's Mental Health Week

One event after another, Mid Kent Mind played their role in spreading children's mental health awareness with the help of the Young Live foundation. Not only did we advocate for the bettering of children's mental health, but encourage parents, carers and many more to take up mental health training in order to better support their child.

[Learn More Here](#)



### Grammar School Fundraiser

February 2022 saw the extremely generous donation of £2554.28 from the Maidstone Grammar Schools who

We are lucky to have some fantastic champions of our work in the local community, and count staff and students at Maidstone Grammar School among them.

