

WORLD Mental Health Day



Every child deserves to feel heard, understood, and supported.

A HEALTHY MIND MATTERS*



A child's well-being goes beyond physical health.

Emotional support, understanding, and a safe environment
help children express themselves, build confidence,
and navigate their feelings.



WORLD MENTAL HEALTH DAY

📍 TIRUPATI

A day dedicated to recognising the importance of mental well-being and creating space for children to feel heard and supported.



WORLD MENTAL HEALTH DAY



TIRUCHIRAPPALLI

Through this observance, we highlight the importance of emotional well-being, positive connections, and supportive environments in every child's life.



EVERY FEELING DESERVES TO BE HEARD

Children need more than care. They need understanding, patience, and the freedom to express what they feel.

Listening without judgement can make a meaningful difference.



LET'S MAKE MENTAL WELL-BEING A PRIORITY



Listen with
patience.



Encourage children
to express their
feelings.



Create safe
spaces for open
conversations.



Respond with
kindness and
understanding.



Remind every
child that asking
for help is okay.

A LITTLE UNDERSTANDING CAN MAKE A BIG DIFFERENCE

Let's create a world where every child feels safe to speak, free to express, and supported through every emotion.

Because mental well-being is an essential part of growing up.



**Every Child
Matters.
Every Feeling
Matters**

+9191763 55511

info@paavaiindia.org

www.paavaiindia.org

/Paavai.india

