

## DAY 6 Moodspark

Link: Kent Resilience Hub

Hashtags:

#MentalHealthAwarenessWeek,

#HereForYou, #KentTogether



This #MentalHealthAwarenessWeek, Moodspark is #HereForYou.

They provide mental health support to young people in Kent, and their website is full of useful resources and service information for parents and teachers too:

[www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk) #KentTogether