

# NORTHAMPTONSHIRE MENTAL HEALTH AWARENESS DAY

Friday 11th February 2022 was Northamptonshire Mental Health Awareness Day. The theme this year is “It’s the inside that matters” to remind us that its important to consider how someone is feeling on the inside. Because sometimes, how they look and how they present themselves to the outside world is not always how they are feeling.

To help us to think about this, pupils wore part of their uniform inside out and everyone was given a wristband.

