

Mental Health Awareness Week
6th October - 12th October



The Treasure Basket Association
Prioritising Therapeutic Projects and Services

Mufti Day

Here at **The Treasure Basket Association (TTBA)** we are **passionate** about supporting the **Mental Health of children**. Working across Worthing, Littlehampton and Bognor our mission is to **increase access to Play Therapy and therapeutic resources for children 4-11 years old**. Our work helps **create clarity and calm for many children experiencing emotional distress**. Our service works using Play Therapy on a **one-to-one** basis, in **small groups** with **children** and with **parents** and **families**.

Would your school consider a **Non-School Uniform Day / Mufti Day** to help us raise the much needed funds to support our projects. We are asking for support during **Mental Health Awareness** week to demonstrate our **respect** for the frightening number of women, children, men and young people **who suffer daily** with ill mental health symptoms. All funds raised during this week will really support our developing projects and feed directly into the **children of your community**. What better investment is there.

Research has proven that children can learn to manage and overcome emotional and behavioural difficulties through play therapy and our history supports this further. Our work helps children to live their full potential socially, academically and physically and draws families closer together as they understand themselves and each other better. We came together for many reasons but mainly because budgets for schools have become increasingly restrictive and, therefore, Play Therapy support for children has suffered.

‘We believe all children experiencing emotional distress should have fast direct access to emotional support’.

Your contribution will make such a difference.

The Treasure Basket Association

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