

To help to raise awareness of mental health, we are taking part in 'Hello Yellow' day.

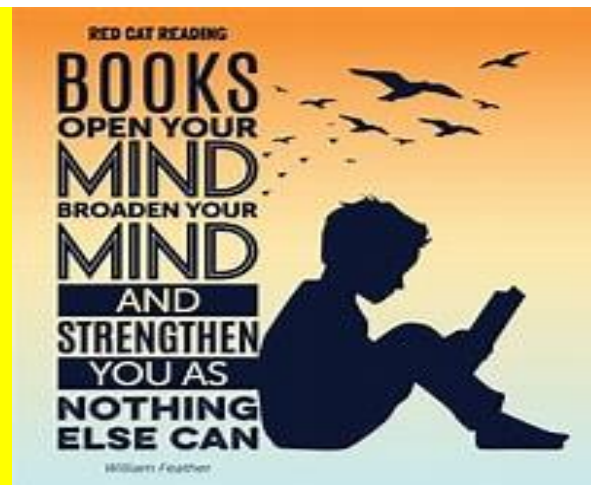
We have put together a virtual library of some high quality children's books to help to promote good mental health in our children.

Each book cover image links to a reading of the story for you and your children to enjoy together.

Of course, any reading is good for us.

According to a study by [the University of Sussex](#), reading helps reduce stress levels by 68%. These statistics prove that reading is one of the strongest activity that helps the brain and the body relax like no other.

Happy Reading





Books to promote good Mental Health

