

ONLINE WEBINARS

WE HAVE DEVELOPED A SERIES OF ONLINE TRAINING WEBINARS THAT WILL HELP YOU SUPPORT YOUNG PEOPLE WITH THEIR MENTAL HEALTH AND WELLBEING

MENTAL HEALTH AWARENESS

AN INTRODUCTION TO WHAT MENTAL HEALTH IS, SIGNS A YOUNG PERSON MAY BE STRUGGLING AND HOW YOU CAN SUPPORT

HOW TO START MENTAL HEALTH CONVERSATIONS

EXPLORING THE NEED FOR POSITIVE CONVERSATIONS, THE BARRIERS TO THIS AND ACTIVE LISTENING

RESILIENCE FOR YOU AND FOR YOUNG PEOPLE

UNDERSTANDING RESILIENCE AND STRESS AND LOOKING INTO PROTECTIVE FACTORS

UNDERSTANDING SELF HARM

EXPLORING THE DIFFERENT KINDS OF SELF HARM, HOW TO TALK ABOUT IT AND SIGNPOSTING INFORMATION

SELF CARE EXPLAINED

AN INTRODUCTION INTO SELF CARE, THE IMPACTS OF STRESS AND HOW WE CAN LOOK AFTER OURSELVES

THE IMPORTANCE OF SLEEP AND ROUTINE

EXPLORING THE ROLE THAT SLEEP AND ROUTINE PLAYS IN YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

ANXIETY

WHAT ANXIETY CAN LOOK LIKE IN YOUNG PEOPLE AND HOW WE CAN HELP THEM COPE WITH IT

EMOTIONAL LITERACY

HOW WE HELP YOUNG PEOPLE TO UNDERSTAND AND EXPRESS THEIR EMOTIONS IN SAFE AND APPROPRIATE WAYS

COPING WITH CHANGE

EXPLORING HOW CHANGE AFFECTS YOUNG PEOPLE AND THE TOOLS WE CAN GIVE THEM TO COPE WITH CHANGE

TO LET US KNOW IF YOU ARE INTERESTED, PLEASE [CLICK HERE](#).