

Me and My Mind's Recorded Webinars

This document includes links to a range of Mental Health and Emotional Wellbeing (MHEW) themed webinars for school staff and parents and carers. Each webinar is an introduction to a MHEW topic, which aims to increase understanding of common MHEW needs children and young people may need support with and suggestions of strategies that adults could use as part of their toolkits for supporting children and young people.

To download the presentation slides or to watch the videos, please click on the underlined text. This will begin a download, or will open a YouTube video in your browser.

Introduction to Interventions

[Introduction to Me & My Mind \(Presentation Slides\)](#)

[Introduction to Me & My Mind \(Recorded Presentation - YouTube\)](#)

Parent/Carer Presentations

Parent/Carer: Supporting children and young people with anxiety and worry

- [Parent/Carer: Supporting children and young people with anxiety and worry \(Presentation Slides\)](#)
- [Parent/Carer: Supporting children and young people with anxiety and worry \(Recorded Presentation - YouTube\)](#)

Parent/Carer: Supporting children and young people with low mood

- [Parent/Carer: Supporting children and young people with low mood \(Presentation Slides\)](#)
- [Parent/Carer: Supporting children and young people with low mood \(Recorded Presentation - YouTube\)](#)

Parent/Carer: Supporting children and young people with panic and phobias

- [Parent/Carer: Supporting children and young people with panic and phobias \(Presentation Slides\)](#)
- [Parent/Carer: Supporting children and young people with panic and phobias \(Recorded Presentation - YouTube\)](#)

Parent/Carer: Supporting children and Young People with sleep and healthy eating

- [Parent/Carer: Supporting children and Young People with sleep and healthy eating \(Presentation Slides\)](#)
- [Parent/Carer: Supporting children and Young People with sleep and healthy eating \(Recorded Presentation - YouTube\)](#)

Parent/Carer: Recognising mental health difficulties in our children and young people

- [Parent/Carer: Recognising mental health difficulties in our children and young people \(Presentation Slides\)](#)
- [Parent/Carer: Recognising mental health difficulties in our children and young people \(Recorded Presentation - YouTube\)](#)

Other Webinars and Presentations

Exam Anxiety Assembly

- [Exam Anxiety Assembly \(Recorded Presentation - YouTube\)](#)