

Sam Tyrer's – Mental Health Family Hour Videos

Please find below links to the work done by Sam Tyrer, Prevention and Engagement Lead for LSCft.

The programmes explore different aspects of mental health and wellbeing.

Episode 18 - Suicide Prevention - https://www.youtube.com/watch?v=IYDXUAY3gQE&feature=emb_title

Episode 17 -Young People's Mental Health in 2021 <https://www.youtube.com/watch?v=2v8aGkxdjcA&feature=youtu.be>

Episode 16 - Caring for a Family Member with Mental Health - https://www.youtube.com/watch?v=3IF_jJu48z8

Young Carers - <https://www.youtube.com/watch?v=lhstzZRUKrw>

Domestic Abuse - <https://www.youtube.com/watch?v=7Q3mBbhLiV0>

Learning Disabilities - https://www.youtube.com/watch?v=dirhdsY4y_o

There was a break in the numbered episodes at this point – there were 'Bonus Episodes' as shown above

Episode 10 - Your Mental Health Questions Answered - <https://www.youtube.com/watch?v=SjujcfX93Ok>

Episode 9 - Mindfulness & Visualisation - <https://www.youtube.com/watch?v=XWdWPNXiGXU>

Episode 8 - Resilience, Peer-Pressure & Bullying - https://www.youtube.com/watch?v=k0Kt5A_xpIU

Episode 7 - Beliefs, Self-Esteem & Confidence - <https://www.youtube.com/watch?v=cR64okqz0xl>

Episode 6 – Eating Disorders and Body Image - https://www.youtube.com/watch?v=EYFs_FkncqA

Episode 5 – Depression - <https://www.youtube.com/watch?v=em5qprEAYdw>

Episode 4 – Stress and Coping Strategies - <https://www.youtube.com/watch?v=y9Z5tugLE4Q>

Episode 3 – Social Media and its Impact - <https://www.youtube.com/watch?v=95OFYS6p4E8&feature=youtu.be>

Episode 2 – Communicating About Mental Health - <https://www.youtube.com/watch?v=iVQRvSxn6gM>

Episode 1 – All About Anxiety - <https://www.youtube.com/watch?v=wZKO4sb9BAk>