

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.

Young People's Mental Health in 2021 - https://www.youtube.com/watch?v=2v8aGkxdjA&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_xplU
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=y9Z5tuqLE4Q
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