

Sam Tyrer's – Mental Health Family Hour

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 1 – Anxiety

<https://www.youtube.com/watch?v=wZKO4sb9BAk>

Episode 2 – Communication on mental health and wellbeing

<https://www.youtube.com/watch?v=iVQRvSxn6gM>

Episode 3 – Social media and its impact

<https://www.youtube.com/watch?v=95OFYS6p4E8&feature=youtu.be>

Episode 4 – Stress and Coping

<https://www.youtube.com/watch?v=y9Z5tuqLE4Q>

Episode 5 – Depression

<https://www.youtube.com/watch?v=em5qprEAYdw>

Episode 6 – Eating Disorders and Body Image

<https://www.youtube.com/watch?v=em5qprEAYdw>

Episode 7 - Beliefs, Self-Esteem & Confidence

<https://www.youtube.com/watch?v=cR64okqz0xl>

Episode 8 - Resilience, Peer-Pressure & Bullying

https://www.youtube.com/watch?v=k0Kt5A_xplU

Episode 9 - Mindfulness & Visualisation

<https://www.youtube.com/watch?v=XWdWPNXiGXU>

Episode 10 - Your Mental Health Questions Answered

<https://www.youtube.com/watch?v=SjujcfX93Ok>