



Please see below links to a list of webinars delivered by Change Talks on a variety of relevant mental health topics that you will find useful - the links are below for you!

NB over the next couple of weeks Fylde & Wyre CAMH Primary Mental Health Team will be putting some resources together in anticipation of the mental health challenges that you may face upon returning back to school. We are aware there are lots of resources out there and you may feel overwhelmed so we plan to collate the most appropriate one's for you and put a pack together for local schools.

**Episode 1 – ANXIETY** - <https://www.youtube.com/watch?v=wZKO4sb9BAk>

**Episode 2 – COMMUNICATING ABOUT MENTAL HEALTH** - <https://www.youtube.com/watch?v=iVQRvSxn6gM>

**Episode 3 – SOCIAL MEDIA AND SELF-IMAGE** - [https://www.youtube.com/watch?v=95OFYS6p4E8&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=3](https://www.youtube.com/watch?v=95OFYS6p4E8&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=3)

**Episode 4 - STRESS AND COPING STRATEGIES** - [https://www.youtube.com/watch?v=y9Z5tuqLE4Q&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=5](https://www.youtube.com/watch?v=y9Z5tuqLE4Q&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=5)

**Episode 5 - DEPRESSION** - [https://www.youtube.com/watch?v=em5qprEAYdw&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=7](https://www.youtube.com/watch?v=em5qprEAYdw&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=7)

**Episode 6 – EATING DISORDERS AND BODY IMAGE** - [https://www.youtube.com/watch?v=EYFs\\_FkncqA&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=8](https://www.youtube.com/watch?v=EYFs_FkncqA&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=8)

**Episode 7 – BELIEFS, SELF-ESTEEM AND CONFIDENCE** - [https://www.youtube.com/watch?v=cR64okqz0xI&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=9](https://www.youtube.com/watch?v=cR64okqz0xI&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=9)

**Episode 8 – RESILIENCE, PEER-PRESSURE AND BULLYING** - [https://www.youtube.com/watch?v=k0Kt5A\\_xplU&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=11](https://www.youtube.com/watch?v=k0Kt5A_xplU&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=11)

**Episode 9 – MINDFULNESS AND VISUALISATION** - [https://www.youtube.com/watch?v=XWdWPNXiGXU&list=PL6Z\\_i2bNT4z4LdzY-xtC\\_UO6E16PXJFeD&index=15](https://www.youtube.com/watch?v=XWdWPNXiGXU&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=15)