

# Schools and Colleges Early Support Service

## Information regarding Webinars for Young People

Dear Parents/Carers,

We would like to share with you a new webinar series specially tailored for young people, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.

The webinars cover the following topics:

### **How to manage exam stress**

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young people to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: N7dqw!=C

### **How to manage low mood**

We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: 8u\*8j+NI

Our Patron: **Her Royal Highness The Princess of Wales**

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

## **How to manage anxiety**

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: CWuA+2#2

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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