

The Mental Health Support Team



Video and Podcast Resources

The following video or podcast resources are available to download and use. With each we have detailed who they are designed to be aimed at. Please use them as you see fit in classes or sharing via your webpage to parents/carers.

Resource	Format	Link	Aimed at
Coping with Anxiety and Stress	Video presentation	https://bit.ly/2UFAG55	Parents Older teens
Exam Stress	Assembly recording	https://bit.ly/3plocbq	Secondary
5 Steps for Teachers	Video presentation	https://bit.ly/3fbZScW	Teaching staff
5 Steps overview	Video presentation	https://bit.ly/3pPDGdN	All
Intro to MHST assembly	Assembly Recording	https://bit.ly/3nE51gQ	Secondary
Intro to MHST assembly	Assembly Recording	https://bit.ly/32Zul9k	Primary
3 Rs: Reflection, Routine, Resilience	Assembly recording	https://bit.ly/3lLuc0y	Primary and Secondary
Big and Small Emotions	Video	https://bit.ly/3pHhdPH	Primary
Circle of Control	Video presentation	https://bit.ly/3kJ8DfJ	Upper primary and secondary
Emotional First Aid Kit	Video	https://bit.ly/32ZWioK	All

Managing Worries	Video presentation	https://bit.ly/330eebr	Upper primary/secondary
Five Finger Breathing	Video	https://bit.ly/2Kfug20	All
Self Esteem	Video	https://bit.ly/36TK9vi	All
Overcoming Worries (Covid relevant)	Video	https://bit.ly/35Mldqu	All
Self Talk	Video presentation	https://bit.ly/3nAzwEs	All
100 Activities of Self Care	Podcast	https://bit.ly/35KZ5Ne	Upper primary/secondary/adults.
5 Ways to Wellbeing	Podcast	https://bit.ly/32YNuIC	Secondary/Parents
Self Care	Podcast	https://bit.ly/2UKoQgg	Secondary/Parents
Relaxation Activities	Podcast	https://bit.ly/3pJ4kF6	Secondary/Parents
Transitioning Out of Lockdown	Podcast	https://bit.ly/3nxaRR8	Secondary/Parents
Referral Form Walk Through	Video presentation	https://bit.ly/3fcG2OG	Teachers/Parents

We hope you find these resources useful!

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