



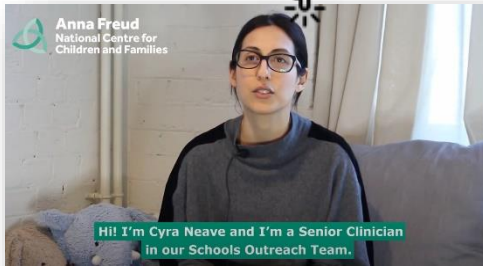
5 VIDEO RESOURCES FOR STAFF



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EXPERT ADVICE FOR STAFF TO SUPPORT PUPILS AND EACH OTHER



ANNA FREUD NCCF (2 MINS)

THIS VIDEO PROVIDES GUIDANCE TO THOSE WORKING IN SCHOOLS AND COLLEGES ABOUT HOW THEY CAN HELP THEIR PUPILS MANAGE THEIR MENTAL HEALTH AND WELLBEING DURING ANY DISRUPTION CAUSED BY THE CORONAVIRUS.



DR POOKY KNIGHTSMITH (5 MINS)

5 TIPS FOR STAYING MENTALLY WELL BY DR POOKY KNIGHTSMITH WHERE SHE DISCUSSES THE VARIOUS WAYS YOU CAN LOOK AFTER YOUR MENTAL HEALTH AT THIS TIME.



ANNA FREUD NCCF/UCL (2 MINS)

A SERIES OF RESEARCH BITES TO HELP PARENTS, CARERS & PROFESSIONALS SUPPORT CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH DURING CORONAVIRUS. THIS FIRST ONE IS ON SELF-MANAGEMENT STRATEGIES FOR YOUNG PEOPLE EXPERIENCING ANXIETY.



EDUCATION SUPPORT (14 MINS)

PSYCHOTHERAPIST, BEN AMPONSAH OUTLINES 7 KEY STRATEGIES TO HELP TEACHERS AND EDUCATION STAFF TO MANAGE ANXIETY DURING THE CORONAVIRUS CRISIS. WATCH THIS SHORT VIDEO AND DOWNLOAD THEIR CORONAVIRUS ANXIETY SELF-HELP SURVIVAL GUIDE (PDF).



DR MATT BUTLER (55 MINS)

COULD BE LISTENED TO LIKE A PODCAST

A WEBINAR, IN WHICH DR MATT BUTLER (@MJB302) A CONSULTANT FROM THE COVID ASSESSMENT UNIT AT CAMBRIDGE UNIVERSITY HOSPITALS SPEAKS ABOUT COVID19, HOW IT IS SPREAD AND THE STEPS WE NEED TO TAKE TO REDUCE THE RISKS FOR OUR CHILDREN, OUR STAFF AND OUR FAMILIES.