

This plan is to support you in using the LINK Toolkit Videos to cascade learning to your colleagues. We recommend that you read this guide before delivering the session.

This session aims to raise awareness of common mental health issues in children and young people, including strategies that you can use to offer support.

There are two activities that accompany this video. We recommend allocating 45 minutes minimum to delivering the session.

<p><b>5 mins</b></p>	<p><b>Video</b> Introduction to mental health. What do we mean by mental health and wellbeing? Using Salutogenesis to empower children and young people.</p>
<p><b>5 mins</b></p>	<p><b>Video</b> Communication and building relationships using empathy, validation and mentalisation. Here is the link to the video mentioned: <a href="https://www.youtube.com/watch?v=IEvwgu369Jw">https://www.youtube.com/watch?v=IEvwgu369Jw</a></p>
<p><b>20 mins</b></p>	<p><b>Video</b> Common mental health issues including anxiety, low mood, self-harm and difficulties regulating emotions.</p> <p><b>Activity</b> Between each mental health concern, you can pause the video to encourage your colleagues to discuss how you respond to these mental health concerns in your setting. <b>Use this as an opportunity to discuss best practice and share resources.</b></p>
<p><b>15 mins</b></p>	<p><b>Video</b> You may want to encourage your colleagues to learn more about other mental health concerns that aren't mentioned in the video. You can signpost them to the Young Minds website to find out more.</p> <p><b>Activity</b> Using the case studies resource that is most relevant to your setting, encourage your colleagues to discuss how they would respond to the needs of these children and young people. <b>Alternatively, you may wish to use this time to encourage case discussions around CYP you have in your setting.</b></p>