

Well-Being Webinar with Dr. Lee Randall (Educational Psychologist) working with a number of schools in Liverpool. **£10.00** if you are interested on **Thursday 19th November 4p.m. until 6p.m.** Book your place by emailing:

admin.teachingschool@evertoncentre.liverpool.sch.uk

- **Introduction and reflection** – space for staff to reflect upon their experiences of lockdown and the kinds of feelings and situations that have presented themselves, what these can teach us and what they say about how things will be going forward. For this webinar we will be looking at CBT and self-help approaches to managing mental health as they have by far the most robust evidence base attesting to their efficacy. Lee will also dispel the myth that therapy is a passive process in which a therapist speaks to you and ‘makes’ you better. Rather therapy is a process by which the therapist works to develop the tools and resilience in individuals to help themselves manage and maintain their own mental health. The emphasis of this approach on self-help will be relevant to this webinar as it means Lee can give participants tools to go away and work on whatever they may be struggling with or may struggle with in the future, without having to enter into a therapeutic relationship with them.
- **Overview** – brief reflection that Mental Health is a massive area but that the more headline grabbing MH issues (e.g. OCD, PTSD, Multiple personality disorder, schizophrenia) are generally relatively rare. As such the focus for this webinar will primarily be on the two most common MH issues (depression and anxiety) alongside looking at bereavement as themes of loss will be common to everyone who has experienced lockdown, though of course, will be most acutely felt by those who have lost a loved one.
- Thoughts, feelings, behaviours – exploring the idea central to CBT that these three factors are inextricably linked and that understanding this is a primary tool used to combat common mental health issues.
- Depression – looking at what this is, what some signs of depression might be and what tools can be used to manage it.
- Anxiety – same as with depression.
- **Plenary** – this is where Lee will normalise the idea of mental health issues and the stress of the pandemic. He will share some stories of his own and highlight the fact that there is plenty we can all do to manage our own mental health before we need additional support. Lee will then emphasise that he is happy to stick around and answer any general questions people have and signpost staff to MH services available through the NHS if anyone feels they may need some extra support.
- **Post Webinar** – after the webinar Lee will send out a number of excellent resources regarding managing MH during the pandemic and some general self-help guides for anxiety and depression.