



Mental Health and Wellbeing Clips on You Tube

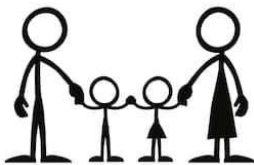
General

Intro to CAMHS - <https://www.youtube.com/watch?v=0Ulx6kkNidk>

Intro to SHARP - <https://www.youtube.com/watch?v=332oPCj4sCw>

Single Session Therapy - <https://www.youtube.com/watch?v=9540BlbspVY>

SHARP – Let's talk about suicide - <https://www.youtube.com/watch?v=kz-ZK54AeIY>



Aimed at CYP/ families

Staying connected - <https://www.youtube.com/watch?v=Rps9UJxFxVs>

5 fingers, 5 senses – (grounding technique)

<https://www.youtube.com/watch?v=26Z8Jr1vq5M>

Just 5 more minutes – impact of gaming - <https://www.youtube.com/watch?v=aemfl33Eh6E>

How you doing - videos

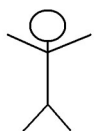
Healthy Body Healthy Mind (Bio reg) - <https://www.youtube.com/watch?v=PD8s8IVFuVY>

Problem Solving - <https://www.youtube.com/watch?v=IKHpUE6bTC8>

Coping skills - <https://www.youtube.com/watch?v=A7ICX8YmzNo>

Worry Management - <https://www.youtube.com/watch?v=oNyjXNnt9LM>

Mood Management - <https://www.youtube.com/watch?v=hH9-ch8C5Qw>



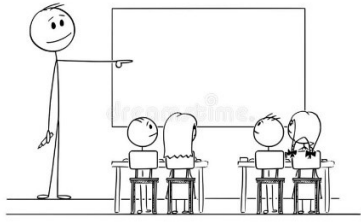
Aimed at Parents

Just 5 more minutes – impact of gaming -

<https://www.youtube.com/watch?v=8cOhu85nf2U>

Conflict resolution - https://www.youtube.com/watch?v=M_f6DXK7S9A

PACE – <https://youtu.be/C07W7UicSkQ>



Aimed at Professionals

Trauma informed practice - https://www.youtube.com/watch?v=-fQ_sdX5cj8

5 fingers, 5 senses – (grounding technique)

<https://www.youtube.com/watch?v=26Z8Jr1vq5M>

Amazing me (info) primary school - <https://www.youtube.com/watch?v=JEmRjM7EeUE>

Me:Source (info) secondary school - <https://www.youtube.com/watch?v=FWskn1AxzuM>

How you doing - audio

Biological Regulation - <https://www.youtube.com/watch?v=8z242lyc7WQ>

Problem solving - <https://www.youtube.com/watch?v=s9HaBOJVHR4>

Mood Management - <https://www.youtube.com/watch?v=aopaPlvnK3U>

Coping Skills - <https://www.youtube.com/watch?v=ACyz8Kgf-3E>

Worry Management - <https://www.youtube.com/watch?v=ULIrHGEx-Mk>



#NottinghamYouveBeenMissed podcasts (suitable for all)

Intro - <https://www.youtube.com/watch?v=IdZg5uu23DE>

What you said (survey feedback) -

<https://www.youtube.com/watch?v=95BEM5qZQJO>

Friendships - <https://www.youtube.com/watch?v=CxAEaU1nXhY>

Anxiety - https://www.youtube.com/watch?v=aTUY1bSb_GY

Routine - <https://www.youtube.com/watch?v=zHRHv3XNOK0>

Health Worries - https://www.youtube.com/watch?v=hWaHMF3P_PY

Emotionally based school avoidance - <https://www.youtube.com/watch?v=GyDumLvq0y8>

Power of Language (growth mindset) - https://www.youtube.com/watch?v=DuWtptz_k-Y

For Everyone



Sleep – have you got enough charge - <https://www.youtube.com/watch?v=UNaoPkuJep0>

Distress tolerance - TIPP skills <https://youtu.be/8UYSPjmmz8E>

Recognising & managing anxiety <https://youtu.be/6qcW0QZsPAs>

Pebble meditation <https://youtu.be/9oCQ8HGEltE>

Breathing – mini meditation <https://youtu.be/hOHLZEK7vVI>

Body scan – mini meditation <https://youtu.be/ltFuKV9ctAs>

Visualisation – mini meditation <https://youtu.be/YTvnhdOOWJE>

BA – Behavioural activation - <https://youtu.be/atCSNw6PGDE>

Coping with worries around Covid-19 - https://youtu.be/4xkwVm_mTDc