

Dear Parents and Carers,

Please see below a selection of wellbeing webinars as part of Improving Access to Psychological Therapies (IAPT) if you feel that you (yourself) require support with your wellbeing and mental health.

There are lots of interesting webinars coming up. Led by experts, the three local #mentalhealth Talking Therapy teams can provide you with a shoulder of support, equipping you with the tools and skills to help you understand a wide range of issues for your own self-care.

Each webinar is free to access, you are anonymous on the call and no camera is required. Some personal details are required in order to take part in the event. This is to ensure that each health service performs correctly and in line with national health regulations. Available to anyone who lives in the Bedfordshire, Luton & Milton Keynes area.

Low Mood and Depression

Date: Monday 5 December 2022

Time: 6:30pm -to 7:30pm

This workshop will explore low mood and depression with the aim of getting a better understanding of what triggers downward spirals in mood that can lead to depression. There will also be a discussion on what maintains depression preventing a person from recovering and returning to healthy levels of functioning.

<https://mktalkingtherapies.nhs.uk/blmk-events/event-details?occurrenceID=4461>

Financial Worries

Date: Saturday 17 December 2022

Time: 2:30pm -to 3:30pm

Earning and managing money might be difficult when one's mental health is poor. Worrying about money might also have a negative impact on your mental health.

<https://mktalkingtherapies.nhs.uk/blmk-events/event-details?occurrenceID=4452>

Anxiety and Worry

Date: Thursday 29 December 2022

Time: 10:30am -to 11:30am

Feeling anxious and worried? This workshop is designed to provide you with information around anxiety and worry and why you may be feeling like this. You will leave with techniques that will enable you to cope better in situations that you may feel unable to.

The service offers many more webinars if you feel that you would benefit from these:

<https://mktalkingtherapies.nhs.uk/blmk-events>

Many thanks,

Laura Scott