

MENU

**General**

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

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

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

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 – to be uploaded

Parenting anxiety – to be uploaded

** 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=s9HaB0JVHR4>

Mood Management - <https://www.youtube.com/watch?v=aopaPIvnK3U>

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=IdZq5uu23DE>

What you said (survey feedback) - <https://www.youtube.com/watch?v=95BEM5qZQJ0>

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>

**COMING SOON….** (for the return to school after half term)

Dealing with anxiety

Pebble Meditation

Dealing with Anxiety

3x 3 min meditation/ mindfulness

BA strategies

Distraction techniques