

We are Surrey Child Wellbeing Practitioners (CWP's). We support young people with difficulties such as anxiety and low mood. We also work with parents/carers to support children with anxiety and challenging behaviour. We offer short-term interventions based on Guided Self-Help, plus other helpful resources. Below are some videos we developed in collaboration with the Primary Mental Health Team.

ADOLESCENT WELLBEING ONLINE

VIDEOS:

- WHAT IS ANXIETY?(PART 1)
- STRATEGIES TO MANAGE ANXIETY (PART 2)
- FRIENDSHIPS
- WHAT IS LOW MOOD? (PART 1)
- STRATEGIES TO MANAGE LOW MOOD (PART 2)
- ANGER MANAGEMENT (PART 1)
- ANGER MANAGEMENT (PART 2)
- SELF ESTEEM AND SELF CONFIDENCE
- SUPPORTING YOUR WELLBEING RETURNING TO SCHOOL



<http://bit.ly/3nWvA0I>

PARENT ONLINE VIDEOS TO SUPPORT CHILD WELLBEING:

- WHAT IS ANXIETY?
- STRATEGIES FOR MANAGING ANXIETY
- ANXIETY IN THE CONTEXT OF COVID-19
- TRANSITIONS TO A NEW SCHOOL
- RETURNING TO SCHOOL FOLLOWING LOCKDOWN AND COVID-19



<http://bit.ly/39Qfssj>



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