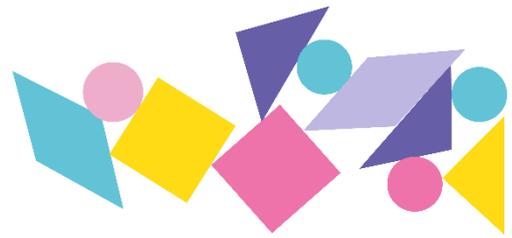


# Schools and Colleges Early Support Service Webinars for Young People

*Information for parents and carers*



Dear parents and carers,

We would like to share with you a webinar series specially tailored for young people.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.

The webinars cover the following topics:

## How to manage low mood

We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: 8u\*8j+Nl

## How to manage anxiety

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

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Click [here](#) to register to watch.  
Passcode to watch webinar on demand: CWuA+2#2

## How to manage peer pressure

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. We know this is common in adolescence. The Schools and Colleges Early Support Service's Young Person's Panel has co-produced a webinar to support other young people around peer pressure. Delivered by the SCESS team, this exciting new webinar supports young people to understand peer pressure and recognise situations where they might experience this. Ways in which peer pressure affects young people are explored along with helpful strategies to manage this.

Click [here](#) to register to watch.  
Passcode to watch webinar on demand: .9H^J\$#k

## How to manage exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young people to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.  
Passcode to watch webinar on demand: N7dqw!=C

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