

# Just Talk Week

15 – 21 November 2021

Over 35 partners in Hertfordshire work together to promote good mental health and wellbeing as part of the Just Talk campaign. Listed below are the FREE webinars on offer from our Just Talk partners, taking place for **Parents and Carers** during Just Talk week.

## Pre-recorded sessions

**Herts Sports Partnership:** The benefits of physical activity for your mind and body

How to watch: <https://www.youtube.com/watch?v=VFejVVaNG84>

## Live events

### Monday 15 November 2021

**Watford FC CSET - Talking to your child about mental health and wellbeing**

To give support and information on mental health and wellbeing, particularly focused around supporting young people through times of change and transition.

**Audience:** Parents/Carers

**Time:** 5.30-6.30pm

How to join: <https://www.eventbrite.co.uk/e/talking-to-your-child-about-mental-health-and-wellbeing-tickets-195017431387>

### Tuesday 16<sup>th</sup> November 2021

**Children's Wellbeing Practitioners from the Public Health School Nursing Service at Hertfordshire Community NHS Trust - Spotting the signs of mental health difficulties in children and young people**

An overview of anxiety, low mood and behavioural difficulties and some tips and signposting information that parents and professionals can use to help.

**Audience:** Parents, carers, school staff and other professionals

**Time:** 10am-12noon

How to join: <https://www.eventbrite.co.uk/e/spotting-the-signs-of-mental-health-difficulties-in-childrenyoung-people-tickets-193526903177>

## **Herts Mind Network - How to start a conversation with your child about mental health and wellbeing**

In this webinar we will discuss mental health stigma, how adolescence is perceived and how to navigate interpersonal interactions.

**Audience:** Parents and Carers

**Time:** 10am - 11am

How to join: <https://www.eventbrite.co.uk/e/how-to-start-a-conversation-with-your-child-about-mental-health-wellbeing-tickets-190935201327>

## **NESSie - Supporting mental health for children and young people with neurodiversity**

The aim of this informal forum is to strengthen approaches in supporting positive mental health and manage challenges positively. Exploring and introducing tools to identify triggers and increase emotional literacy. Sharing and exploring practical tools that can be used at home and in conjunction with educational settings.

**Audience:** Parents and carers of children and young people with traits of or diagnosed neurodiversity, who have mental health problems.

**Time:** 1-2.30pm

How to Join: [Just Talk Campaign - Supporting mental health for children and young people with neurodiversity - Parent / carer online forum - NESSie IN ED, CIC](#)

## **The OLLIE Foundation - Keeping Safe and Carrying On**

Whether this is to remind yourself or to use with others, enjoy this virtual hug that considers how your amazing inbuilt survival system can also feel like stress and anxiety and hear suggestions for calming the system down.

**Audience:** School staff, professionals, parents and carers

**Time:** 6pm - 7.30pm

How to join: <https://www.eventbrite.co.uk/e/131952434283>

## **Wednesday 17<sup>th</sup> November 2021**

### **BeeZee Bodies - The benefits of healthy eating for Teenagers' Wellbeing**

Key nutritional needs in teenage years and top tips for meeting them. Bust some common food and diet myths, plus an open Q&A session.

**Audience:** Young People - minimum age 13 (as well as parent/carer). School staff, other professionals, and parent/carers.

**Time:** 5.00pm –  
5.30pm

**How to join:** <https://www.eventbrite.co.uk/e/the-benefits-of-healthy-eating-for-teenagers-wellbeing-tickets-190450311007>

### **The OLLIE Foundation -The History of Suicide - Lessons for Today**

Expert speaker - Cambridge PhD researcher Ella will guide us through the history of our response to suicide from antiquity to the present day and consider what lessons we can learn.

**Audience:** School staff, other professionals and parents

**Time:** 6-7.30pm

**How to join:** <https://www.eventbrite.co.uk/e/187847616277>

## **Thursday 18<sup>th</sup> November 2021**

### **The OLLIE Foundation - Talk Safe, Plan Safe**

Extend your knowledge and feel more confident to support others experiencing an emotional crisis where suicidal ideation may be present. Open to all and useful as a refresher if you have completed other suicide prevention training.

**Audience:** Students age 17+, school staff and other professionals, parents and carers

**Time:** 4-5.30pm

**How to join:** <https://www.eventbrite.co.uk/e/185803432067>

**Friday 19<sup>th</sup> November 2021**

## **The OLLIE Foundation - Live session with author and researcher Beverley Thompson**

What do we need to know about antidepressants and young people and how can we better manage side effects for those that would benefit from SSRIs (antidepressants)

**Audience:** Parents & carers, health and education professionals and young people age 17+

**Time:** 6.30-7.30pm

**How to join:** <https://www.eventbrite.co.uk/e/187849491887>

To find out more visit [www.justtalkherts.org](http://www.justtalkherts.org)

Follow the campaign on Facebook: [JustTalkHerts](https://www.facebook.com/JustTalkHerts)

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