

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 **Young People** during Just Talk week.

Pre-recorded sessions

Kooth: How/Why to join Kooth

How to watch: <https://youtu.be/GZLHFYXtYxU>

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

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

Public Health : The Just Talk Campaign/ why mental health and wellbeing is important for us all

How to watch: <https://youtu.be/gFd3WwD-F9g>

Live events

Monday 15 November 2021

Herts Mind Network - How to look after your own wellbeing

An introduction to the Five Ways to Wellbeing- strategies grounded in research that you can use to maintain and improve your wellbeing.

Audience: Young people ages 11-17

Time: 4-5pm

How to join: <https://www.eventbrite.co.uk/e/how-to-look-after-your-own-wellbeing-tickets-191046303637>

The OLLIE Foundation - Goal-setting

Using science, learn how to effectively plan to overcome your obstacles and achieve your BIG aspirational goals or overcome those things we don't ask about, like anxiety, anger, self-harming.

Audience: Young People ages 11-13

Time: 4-6pm

How to join: <https://www.eventbrite.co.uk/e/131954135371>

Mind in Mid-Herts - Mindfulness session

Audience: Young people age 11-18

Time: 5- 5.30pm

How to

join: https://us02web.zoom.us/webinar/register/WN_pEP86ms5S8OpPbwpST5xVw

Tuesday 16th November 2021

Herts Mind Network - Coping with Stress and Anxiety

Looking at ways to manage stress and anxiety in relation to schoolwork and exams, teaching coping techniques, the importance of finding balance and increasing awareness.

Audience: Young people age 11-17

Time: 4-5pm

How to join: <https://www.eventbrite.co.uk/e/coping-with-stress-and-anxiety-tickets-191105259977>

Mind in Mid-Herts - Mindfulness session:

Audience: Young people age 11-18

Time: 5-5.30pm

How to join:

https://us02web.zoom.us/webinar/register/WN_pEP86ms5S8OpPbwpST5xVw

Herts Young Homeless - Managing Conflict

To help young people improve their understanding of conflict, develop strategies to manage it and maintain healthy relationships.

Audience: Young people age 13-18

Time: 6-7pm

How to join: <https://www.eventbrite.co.uk/e/solve-it-resolve-it-tickets-190468334917>

Wednesday 17th November 2021

Dr Alison Cowan - The role of the GP

An insight into the role of GPs and how they can help young people, including an explanation of the rights of young people with reference to confidentiality and consent.

Audience: Young people age 11-18

Time: 5pm - 6pm

How to join:

<https://www.eventbrite.co.uk/e/off-the-record-the-role-of-the-gp-tickets-194983891067>

Mind in Mid-Herts - Mindfulness session:

Audience: Young people age 11-18

Time: 5-5.30pm

How to

join: https://us02web.zoom.us/webinar/register/WN_pEP86ms5S8OpPbwpST5xVw

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>

Thursday 18th 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>

Mind in Mid-Herts -Mindfulness Session:

Audience: Young people ages 11-18

Time: 5-5.30pm

How to join: https://us02web.zoom.us/webinar/register/WN_pEP86ms5S8OpPbwpST5xVw

Friday 19th November 2021

Herts Mind Network - Creative workshop for promoting wellbeing

Exploring how we can use art and other creative techniques to help our wellbeing:

Audience: Young people age 11-17

Time: 4-5pm

How to join: <https://www.eventbrite.co.uk/e/creative-workshop-for-promoting-wellbeing-tickets-191120716207>

Mind in Mid-Herts - Mindfulness Session

Audience: Young people age 11 -18

Time: 5-5.30pm

How to join: https://us02web.zoom.us/webinar/register/WN_pEP86ms5S8OpPbwp

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, 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

Follow the campaign on Facebook: [JustTalkHerts](#) Instagram:
[@JustTalkHerts](#) Twitter: [@JustTalkHerts](#)