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LET'S ALL TALK
mental health

Helping you to help them



The Statistics

1 in 5 young adults are suffering with their mental health in the UK.

50% of mental health issues are established by the age of 14.

83% of young people with mental health needs agreed that the pandemic had made their issues worse.

Almost half of 17-19 years old with a diagnosed mental health issue have self-harmed or attempted suicide at some point.



Early intervention is crucial.

With overwhelming waiting lists for both the NHS and private mental health support for our children, it is all too often the parents and teachers who are left to deal with our teens' mental health struggles without support or guidance.

Early intervention is crucial for addressing teen mental health issues effectively.

By providing access to **Let's all Talk Mental Health**, schools can equip parents with the knowledge to identify warning signs and intervene early. This can help prevent the escalation of mental health problems and promote timely support and treatment.



We would highly recommend Let's all Talk Mental Health. Not only is it a reliable resource for parents but they have also helped provide reliable CPD for pastoral staff.

Our parents have found the talks very informative and feel the advice given is practical and possible.

Maybe most importantly, it reminds parents they are not alone and there are lots of other parents out there facing similar challenges and this shared understanding often gives them hope that things can improve.

Jade Boyle, Mill Hill School



Anxiety | Eating Issues

OCD | Negative Thoughts

Depression | Gaming

Drugs | Stress | ADHD

Self-Harm | Autism



Designed specifically to offer parents, carers & educators invaluable help and support, the online hub features insightful & supportive LIVE sessions alongside an extensive on-demand library of talks, interviews and audience Q&A's with the UK's leading child psychologists, psychiatrists & experts.

Let's all Talk Mental Health provides expert and practical advice through easy to digest and simple to view content that can be watched privately by parents and carers either LIVE each week giving the opportunity to ask direct questions or on-demand at a time to suit them.



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LET'S ALL TALK
mental health
for EDUCATORS

Exclusive access to Let's all Talk Mental Health Educator sessions

All school memberships include three exclusive Educator sessions each year, hosted on a separate platform.

These CPD accredited recordings, offer advice and help for supporting teens with mental health issues from an educator's perspective from our resident clinical psychologist, Dr Sarah-Jane Knight and host, Tara Dolby.

The recordings for this year cover: Anxiety, Autism and Attention Deficit Hyperactivity Disorder - and each school will have access for (25) educators/users (which are within the allocation of 500 licensed users per school).



// Why is it important to help a teen with ADHD to develop a routine...



CPD Accredited Talks

Let's all Talk Mental Health and Let's all Talk Mental Health for Educator webinars have been accredited for CPD.

Our webinars offer valuable professional development opportunities for educators working with teenagers experiencing mental health challenges.

They provide insights into the issues, and ways in which support can be given at home and school for mental health, empowering educators to offer structured and supportive learning environments. The aim is to encourage teachers' continuous learning and development, so they are equipped with the knowledge and skills needed to meet the evolving demands of education.

The CPD accreditation process acknowledges that the webinars meet the required standards and criteria for professional development recognition.

The specific requirements for CPD collection may vary across education systems/settings.



**APPROVED
PROVIDER**

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Verify @ <https://thecpdregister.com>

“ LET’S ALL TALK mental health STUDENT SESSIONS



Talks exclusively for teenagers

Also included on the Let’s all Talk Mental Health Hub are a series of pre-recorded sessions offering some practical, clear help and advice specifically aimed at teens themselves.

These short focussed sessions can be used in PHSE sessions to enable discussions and to support and empower them to understand the issues that they might be experiencing whilst encouraging them to seek help when needed.

In this 5-session series, we ask Dr. Sarah-Jane Knight to lead us through the ins and outs of these all-too-common issues:

- Feeling anxious? What can you do?
- A guide to "Friendships & Frenemies"
- What do you do if you think you have low mood or depression?
- How to deal with school issues
- Self-Harm and staying safe



The partnership is the key here; the time and effort from both sides adds so much value. I have met Let's all Talk Mental Health every month since we started working with them to discuss the challenges facing our community and offer support for the ever-evolving programme.

In exchange, we can reach our parents in a way that simply wasn't possible before; both in scale (over 400 families last year) and quality of provision (over 30 hours of on-demand content and rising with each live event). Our investment in the Let's all Talk Mental Health vision, talent and creativity benefits the parents and young people in our community and, I hope, beyond.

Stuart Murphy, Assistant Principal - Surbiton High School



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I just wanted to get in touch to thank you and let you know how helpful this resource is.

We were offered this through our children's school. It provides a very grounded perspective and helpful, accessible advice for looking after teens' mental health. It's been a great idea.

Let's all Talk Mental Health attendee
St Mary Magdelene Academy



"Thank you for directing us to Let's all Talk. We found the talks engaging and full of practical strategies for us to try as parents"

Let's all Talk Mental Health attendee

"Thank you very much Tara & Tamasine Brilliant! I could have listened all night!"

Let's all Talk Mental Health attendee

"This is a fantastic resource for parents. Brilliant that the talks are made available on replay & also that you cover a variety of issues that may be affecting our children - a big thank you!"

Let's all Talk Mental Health attendee



Helping parents help their teens

- 70 hours of recordings (30 new live sessions each year) - available 365 days per year, featuring interviews and Q&A's with 40 different Children & Adolescent psychologists, psychiatrists, health-workers and advocates sharing their knowledge and expertise.
- Over 8,000 views of Let's all Talk Mental Health sessions
- Our experts have answered over 700 audience questions
- In a recent survey 100% of respondents rated Let's all Talk Mental Health "Good / Excellent"
- 100% also said they would "recommend to a friend or colleague"



Understand. Support. Help.

OPTION 1: Licence Programme

As part of your programme of pastoral care, offer Let's all Talk Mental Health to your parent community and staff by signing up to a discounted Licence Programme:

- Full Programme licence for up to 500 users
- Predictable overall cost
- One Annual Payment in advance - £3,000

Licence includes:

- Full yearly access to every LIVE session including audience Q&As
- Full access to the full online library of previous sessions to watch on-demand.
- Access to Let's all Talk Mental Health for Educators for 25 teachers/employees

For schools with less than 500 pupils, we offer bespoke packages , please contact us for more information and a tailored quote for your school.



Understand. Support. Help.

OPTION 2: Inform your Community

For schools, colleges & other groups or associations who would like to enable their parents/communities to access the talks.

Simply tell your parent community about it in your emails or newsletters.

This is a zero-cost option and we are here to help with assets and images for your parent communications.



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Just to say thank you.

I cannot tell you how helpful it is to attend Let's all Talk about Mental Health. As a parent, the sessions empowered me and taught me powerful strategies and straight forward advise to remain regulated and in control in the face of situations I happen to be in with my son.

I cannot thank the school and the organisers enough for making this possible for us as parents.

Together we can help your
parents to help their teens.

We look forward to talking to you soon.

Jenni Dunn

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