

# Online Mental Health Talk

Please see a link below to a free, online talk entitled 'A Mind of their own' provided by the charity 'Care for the Family'.

Anxiety levels and poor mental health are on the rise in children. This hour-long event will look at the unique opportunities and pressures facing young people today (including the COVID-19 pandemic) and explore the science of the mind, and why children act and react the way they do. The speakers will consider whether this generation is less resilient or whether there really is an epidemic of anxiety.

Katharine Hill, Dr Rob Waller and Dr Kate Middleton will share practical and preventative tools to see your children through the difficult times, as well as build resilience to guard against anxiety and depression.

This is a free event, and you can choose whether to watch on 11<sup>th</sup> 12<sup>th</sup> or 13<sup>th</sup> May. To see a promotional video, find out more about the speakers and book your online place, please click on this link.

<https://www.careforthefamily.org.uk/events/events-online-2/a-mind-of-their-own>

Mr Critchley  
Director of Pastoral Care