**Mental Health Family Hour**

The Mental Health Family hour is an initiative by **Sam Tyrer**, founder of the Mental Health for Schools Education Programme **“Change Talks**” and **Prevention and Engagement lead for LSCft,** and **Mental Health First Aider, educator** and **presenter** **Dave Cottrell**, who operates online under the name **Mindset By Dave**.

Before lockdown **Change Talks** would go into five schools across Lancashire every half-term and deliver a 6-week Mental Health Education Programme. Both Sam and Dave wanted to ensure that during lockdown children were still getting access to PHSE style mental health education, so they launched a weekly show that would stream live on[**twitch.tv/mindsetbydave**](https://eur04.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftwitch.tv%2Fmindsetbydave&data=02%7C01%7C%7C4f89fd6cb6a7450812d908d80963511d%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637269669444001218&sdata=0zgMwZmGEFk1YJH7NDGiKxikFnExjs%2BgNvw%2BrR5jDRA%3D&reserved=0) at 10am every Tuesday and then be available to watch later on **YouTube**.

The show has aired 9 episodes and covered a wide variety of mental health topics including anxiety, depression, coping strategies, suicide, drug use, self-esteem, eating disorders and social media use. Each episode lasts for over an hour.

The show is aimed at children and young people experiencing these things and the parents and teachers supporting them. The hosts launched the show with the aim of opening up lines of communication between children and their parents and teachers to enable more beneficial conversations around mental health.

The hosts say that although they miss being face to face with the students, they would previously have been limited to a maximum of 150 students per week and geographically limited to Lancashire. Thanks to streaming services such as Twitch and YouTube this number is potentially limitless. Also, being able to speak to children as well as their parents and teachers is proving to be a huge benefit of this platform.

1. **Episode 1 – Anxiety -** <https://www.youtube.com/watch?v=wZKO4sb9BAk>
2. **Episode 2 – Communicating about mental health -** <https://www.youtube.com/watch?v=iVQRvSxn6gM>
3. **Episode 3 – Social media and self-image -** <https://www.youtube.com/watch?v=95OFYS6p4E8&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=3>
4. **Episode 4- Stress and coping strategies -** <https://www.youtube.com/watch?v=y9Z5tuqLE4Q&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=5>
5. **Episode 5- Depression -** <https://www.youtube.com/watch?v=em5qprEAYdw&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=7>
6. **Episode 6 – Eating disorders and body image -** <https://www.youtube.com/watch?v=EYFs_FkncqA&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=8>
7. **Episode 7 – Beliefs, self-esteem and confidence -** <https://www.youtube.com/watch?v=cR64okqz0xI&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=9>
8. **Episode 8 – Resilience, peer-pressure and bullying -** <https://www.youtube.com/watch?v=k0Kt5A_xplU&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=11>
9. **Episode 9 – Mindfulness and visualisation  -** <https://www.youtube.com/watch?v=XWdWPNXiGXU&list=PL6Z_i2bNT4z4LdzY-xtC_UO6E16PXJFeD&index=15>

The show will continue to air for the next few weeks as we aim to cover all the topics which can have an impact on mental health, so keep checking in with us every Tuesday at 10am by clicking on the link or going to You Tube.  So far we have had over 6000 views across all platforms. We are going to be doing 12 episodes in total, which include an episode for both year 6’s and year 10’s to support them in their transition periods.