



16-25 Covid-19 Response Webinar series:  
Supporting young people's mental and emotional health

Delivery schedule

Day	Date	Time	Topic
<b>October</b>			
Sunday	11th October	3 - 4pm	Coping with loss (Bereavement)
Tuesday	13th October	12.30 - 1.30pm	PTSD
Thursday	15th October	4.30 - 5.30pm	self care
Sunday	18th October	3 - 4pm	low mood
Tuesday	20th October	12.30 - 1.30pm	mental health awareness
Thursday	22nd October	4.30 - 5.30pm	anxiety
Sunday	25th October	3 - 4pm	Coping with loss (Bereavement)
Tuesday	27th October	12.30 - 1.30pm	low mood
Thursday	29th October	4.30 - 5.30pm	self care
<b>November</b>			
Sunday	1st november	3 - 4pm	PTSD
Tuesday	3rd november	12.30 - 1.30pm	mental health awareness
Thursday	5th november	4.30 - 5.30pm	anxiety
Sunday	8th november	3 - 4pm	Coping with loss (Bereavement)
Tuesday	10th november	12.30 - 1.30pm	low mood
Thursday	12th november	4.30 - 5.30pm	self care
Sunday	15th november	3 - 4pm	PTSD
Tuesday	17th november	12.30 - 1.30pm	mental health awareness
Thursday	19th november	4.30 - 5.30pm	anxiety
Sunday	22nd november	3 - 4pm	Coping with loss (Bereavement)
Tuesday	24th november	12.30 - 1.30pm	low mood
Thursday	26th november	4.30 - 5.30pm	self care
Sunday	29th november	3 - 4pm	PTSD