



The Better Health Generation Free Webinar Programme for the IEP Member Network

1. Wednesday 25th March – 11.00am

Tips for coping with coronavirus anxiety

Feelings of worry and unease can be expected during a stressful event, however it's important that we learn to manage our stress before it turns to anxiety and panic. This webinar will discuss some helpful strategies that you can implement to maintain good mental health.

Register in advance for this webinar: https://zoom.us/webinar/register/WN_Fk5CGd17QbqGNOgqbhVq1w

[After registering, you will receive a confirmation email containing information about joining this webinar.]

2. Wednesday 1st April – 11.00am

Maintaining your mental health during social distancing and social isolation

As social distancing increases, how should people maintain good mental health in long periods of self-isolation? This webinar will discuss some helpful strategies that you can implement to maintain good mental health during this unprecedented time.

Register in advance for this webinar: https://zoom.us/webinar/register/WN_F_QiCn0ST2SOhfyPxVxM8w

[After registering, you will receive a confirmation email containing information about joining this webinar.]

3. Wednesday 8th April – 11.00am

Understanding common mental health conditions

This is an introductory webinar explaining mental health conditions and enhancing your knowledge of mental health.

4. Wednesday 15th April – 11.00am

Mental health and wellbeing considerations of your clients during uncertain times

Connection to people and good mental health are intrinsically linked. How do we promote positive mental health practices to our clients?

5. Wednesday 22nd April – 11.00am

Managing challenging behaviours

Defining challenging behaviours, understanding anger, preventative strategies and response strategies

6. Wednesday 29th April – 11.00am

Resilience and bouncing back

Personal resilience is about the resources you use to bounce back after stressful events. This webinar will discuss resilience strategies to enhance your capacity to bounce back.

7. Wednesday 6th May – 11.00am

Increasing employability for job seekers with mental health conditions

Understanding the functional impact of mental health conditions

8. Wednesday 13th May – 11.00am

Can CBT help me or my clients?

There is a lot of talk about CBT in the UK, what is it? Can it help me and will it help my clients? This webinar is an introduction to CBT and teaches basic strategies to use CBT in your daily life and work.