

# LOCKDOWN 3.0 – MENTAL HEALTH - ADULTS



**EDUCATING  
MATTERS**

*"Parents are a child's first and most important teacher"*

## MENTAL HEALTH AWARENESS DURING A PANDEMIC

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The Royal College of psychiatrists alongside the British Psychological society are deeply worried about the impact of lockdown on multiple generations in our society, whilst recognising individuals resilience and resourcefulness, now more than ever we need to support everyone in utilising effective tools to navigate mental health and know when to reach out for more specialised interventions.

This session will explore our mental health needs and how the pandemic has affected everyone. We will consider stress and brain changes and how low mood can impact every aspect of our working lives and relationships. We will provide nurturing and supportive tools to help you through these unprecedented times.

### SESSION OUTLINE

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- The importance of knowing what 'Mental Health' is
- Supporting and recognising individuals emotional resilience, resourcefulness and emotional intelligence
- Knowing when more help needs to be sought and where to go
- Exploring psychological, biological & biochemical brain changes for everyone experiencing stress and anxiety
- Supporting yourself and those around you when Mental Health is a concern

### SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

### HANNAH ABRAHAMS (SPEAKER)

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Trained as a primary school teacher and subsequently a Child and Educational Psychologist at the Institute of Education in London, Hannah works in both the state and private sector. She has worked in significant trauma and crises including supporting families and children directly affected by the Grenfell Tower Disaster. Over the past 18 years including becoming a mother of 3 children she has worked in Inner London Boroughs in Schools and with Mental Health Teams to provide support to children and families.

She has a special interest in Autism and supporting children in developing their emotional intelligence as well as key specialisms in specific learning difficulties including Dyslexia and Dyspraxia. Hannah also regularly works with new mothers and fathers, supporting their transitions into parenthood.