

ONLINE CONFERENCE | WEDNESDAY MAY 21

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# MENTAL HEALTH - SUPPORTING EVERYONE

## EVENT PROGRAMME

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### **09:15 - 10:15 | SUPPORTING STAFF WELLBEING**

**SPEAKER:** **Alicia Drummond**, Founder, The Wellbeing Hub



### **10:15 - 10:30 | BREAK**

### **10:30 - 11:15 | SUPPORTING PUPILS: A PANEL OF IDEAS**

**PANEL:** **Julia Garden**, Community Engagement Officer, Young Minds | **Kirsty Ruthven**, Lifting Limits | **Iain Mahony**, Mental Health Awareness Talks

### **11:15 - 12:00 | WHAT'S WORKING IN SCHOOLS? DISCUSSIONS FROM OUR AWARD WINNERS**

**PANEL:** **Andrew Towse**, Deputy Head Pastoral, Queen Anne's School | **Sara Thomas**, Assistant Head of School (Wellbeing), ACS International Schools | **Ruth Radlett**, Whole School Mental Health Lead & Deputy DSL, Culford School

CONTINUED...

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**12:15 - 13:00 | DEVELOPING EMOTIONAL FITNESS**

**SPEAKER:** Dr Silja Litvin, CEO and Founder, PsycApps



**13:00 - 13:45 | LUNCH**

**14:45 - 15:00 | HEAR THE UNHEARD**

**SPEAKER:** Piet Jansen, Managing Director, Yes We Can Clinics



**14:45 - 15:00 | BREAK**

**15:00 - 15:45 | THE POWER OF SLEEP**

**SPEAKER:** Alyson O'Brien, Head of Sleep Action

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ADDITIONAL INFORMATION

- [Visit the website](#) to view more event and speaker information

You might also be interested in...

**JUNE 6 | SEMINAR | CBT DEVELOPMENT TRAINING**

**SPEAKER:** Dr Jodie Walshe, Educational and Child Psychologist

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