



Victoria College Mental Health and Wellbeing – Resources Available

Kooth Resources

Guide of the week (7/9/2023): Managing Back to School Anxiety (Guide included in newsletter)

Videos of the week for young people:

[Do you know how I can deal with unwelcome or intrusive thoughts?](#)

[10 things that standard exams don't measure](#)

[New video: Dr Kerry on when your parents' trauma affects you](#)

[New video: Dr Kerry on mental health stigma in older generations](#)

Dates for the diary:

11th September, 10-10:30am:

[How Kooth can support Year 7,8 & 9 students with resilience & goal setting.](#)

11th September, 1:30-2pm:

[How Kooth can support Year 10 &11 students with resilience & goal setting.](#)

As a reminder, [if you're a teacher, we now have a Teacher Hub here.](#)