The NHS Kent and Medway Children’s and Maternity Commissioning Team have developed a number of bitesize videos to help acute setting staff feel more confident in supporting children and young people experiencing a mental health crisis. Each video focusses on a specific topic and offers tips for staff to utilise when caring for children and young people experiencing mental health difficulties. The videos have received positive feedback from those who have seen them, and we wanted to make them available more widely as many of us support children and young people in our personal and professional lives. If you have any questions, please contact [cypmentalhealth.kent@nhs.net](mailto:cypmentalhealth.kent@nhs.net)

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|  | Video topic | Presenter | Duration | Link to training |
| 1 | Managing suicidal ideation and self-harm | Sarah Richards, Project Lead & Joy Wright, CEO, Emerge Advocacy Service | 23 minutes | <https://vimeo.com/728873625/d0a4e2ccf9> |
| 2 | Eating disorders and refeeding syndrome | Dr Annie Cardinal, Clinical Lead & Sara Boorman, Head of Service, for Kent and Medway’s All Age Eating Disorder Service | 16 minutes | <https://vimeo.com/728872308/d787e85e6c> |
| 3 | Sexuality and gender identity | Graysen Whittaker, LGBT+ Service Development Manager for Porchlight’s The BeYou Project | 9 minutes | <https://vimeo.com/manage/videos/728881429/42bdf15839> |
| 4 | Emotional dysregulation / emerging personality disorder | Rachel Hussey, Clinical Lead for NELFT’s Children and Young People’s Mental Health Service and Young Person’s Wellbeing Service | 23 minutes | <https://vimeo.com/728872892/f0ed9285c2> |
| 5 | Approved Mental Health Practitioner role and Mental Health Assessments | Emma Farrow, Advanced Mental Health Practitioner for Kent County Council | 24 minutes | <https://vimeo.com/728884220/3cbdcdde0d> |
| 6 | Needs of Looked after Children and Unaccompanied Asylum Seeking Children | Paul Haith, Deputy Designated Nurse for Looked after Children & Roxanne Hills, Designated Nurse for Looked after Children, Kent and Medway CCG | 18 minutes | <https://vimeo.com/manage/videos/728881855/11837337b4>  Please note Roxanne Hills has been miss labelled. Roxanne works for NHS Kent and Medway ICB. |
| 7 | Suspected or diagnosed traits of Autism and/or ADHD | Yvonne Norley, Assistant Director of Pathways (Crisis & Complex Care), Kent and Medway CCG | 30 minutes | <https://vimeo.com/728873269/24b0b68224> |
| 8 | Provider Collaborative Tier4 bed. | Nina Marshall, Programme Manager for the Kent, Sussex and Surrey Provider Collaborative | 12 minutes | <https://vimeo.com/728873521/29c032e640> |