



HASTINGS
OPPORTUNITY
AREA



Supporting mental health and wellbeing

Boingboing resilience – understanding
trauma and supporting children
young people who self-harm

Twilight Training Sessions

Resources for schools created by Boingboing (CIC) in
partnership with Hastings Opportunity Area

As part of our training and support package for schools our partners Boingboing have created a selection of videos to help support staff with understanding trauma and supporting children.

Twilight Training Sessions

Twilight trauma session part 1 and 2 are the first videos to be released in series 3 of the Boingboing Resilience twilight training summary videos. Supporting young people who self harm looks at dealing with difficult emotions and responding to self-harm. These videos may be useful to share with staff that missed previous training sessions delivered by Boingboing covering specific Mental Health subjects.

Contact Gabrielle Rowles at gabrielle@boingboing.org.uk to find out more.

Understanding trauma and supporting children part 1

This Boingboing Resilience training video looks at understanding trauma and supporting children. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base to inform all our practice and training. This training is delivered for Hastings Opportunity Area by Dr Claire Stubbs from Boingboing Resilience CIC.

<https://youtu.be/z0rkbvieABo>
video length 57 mins

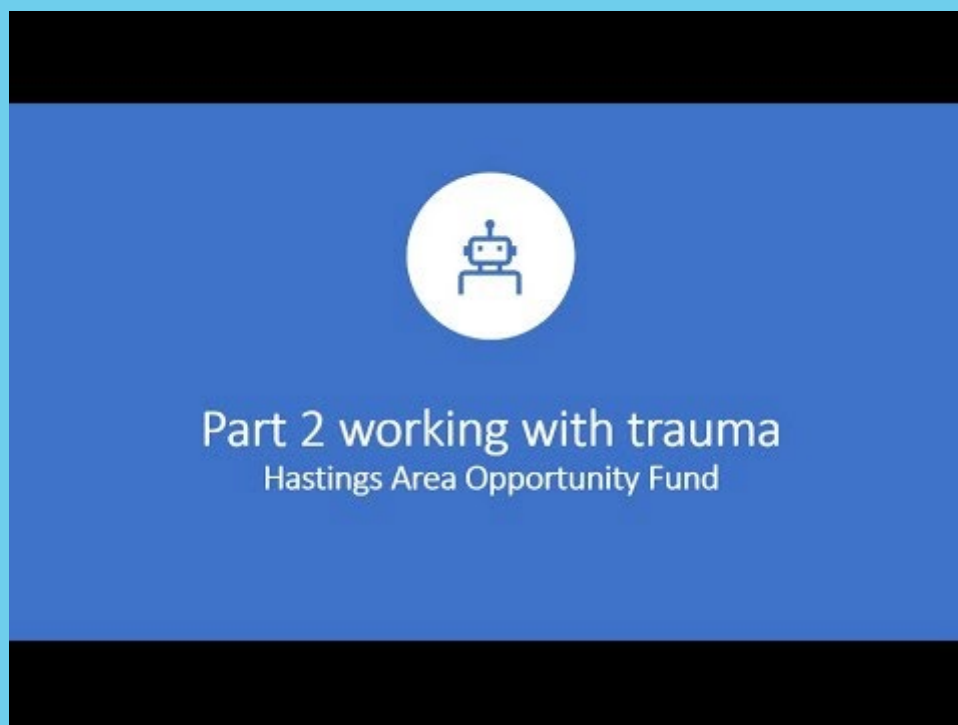


Understanding trauma and supporting children part 2

This Boingboing Resilience training video looks at understanding trauma and supporting children. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base to inform all our practice and training. This training is delivered for Hastings Opportunity Area by Dr Claire Stubbs from Boingboing Resilience CIC.

<https://youtu.be/NnOCbqnee4E>

video length 1 hours 17 mins



Supporting young people who self harm

This Boingboing Resilience training video looks at dealing with difficult emotions and responding to self-harm. Boingboing is a research and practice organisation which uses insights from the resilience research evidence base to inform all our practice and training. This training is delivered for Hastings Opportunity Area by Vicki Dunham and Louise Brinton-Clarke from Boingboing Resilience CIC.

<https://www.youtube.com/watch?v=0rCwuy5PkH4>

video length 1 hours 12 mins



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