



Tees, Esk and Wear Valleys  
NHS Foundation Trust

# Self-Esteem Webinar

## A Wellbeing in Mind Team webinar to understand:

- What low self-esteem is and how it is presented in children and young people.
- To learn about the importance of having high self-esteem and the impacts that low esteem has on our mental health, social relationships, and academic performance.
- To have a wider knowledge of how to support a young person when they are experiencing low self-esteem and how the WIMT can support if needed.

## Date and Time

**Monday 20<sup>th</sup> January at 6.00pm – 7.00pm**

To Join the Meeting  
Click on the LINK below:

Microsoft Teams

[Join the meeting now](#)

Meeting ID: 363 816 123 967

Passcode: 3s3RV6XT

<https://events.teams.microsoft.com/event/d3b6c6f1-ad1a-4d9f-ba2a-882ccb65a109@37c354b2-85b0-47f5-b222-07b48d774ee3>

Please email: [tewv.wellbeinginmind@nhs.net](mailto:tewv.wellbeinginmind@nhs.net) if you have any queries or require further information.

*Wellbeing in Mind Team – Team of NHS staff working with schools to provide advice, support, and training on wellbeing issues, as well as forming a link between school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health, such as anxiety and low mood, support to utilise online resources and develop skills, as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.*