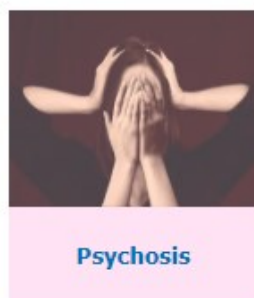
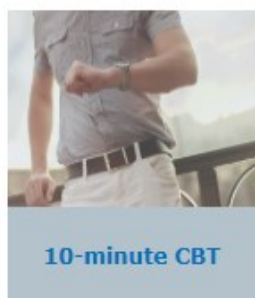
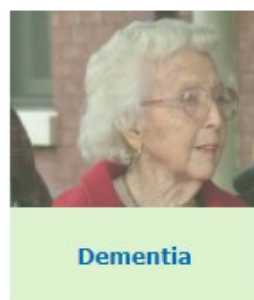
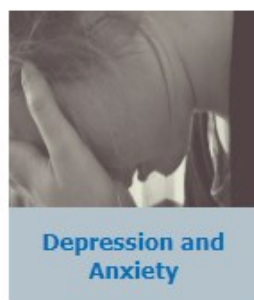
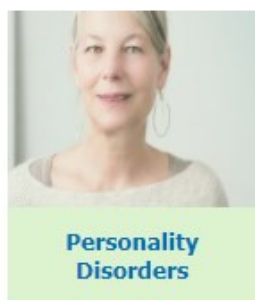


# Primary Care Mental Health & Emotional Wellbeing Education Videos



To view all videos, scan the QR code or go to:

<https://tinyurl.com/s8mj2al>



All videos require [password access](#) Pr1maryCar3IES

Videos are hosted by [NHS North East Essex CCG](#) on [Vimeo.com](#).

All accompanying slides can be found on CCG website: <https://tinyurl.com/t7sch5c>

## Feedback from some of these sessions:

**On the Personality Disorders session:** "...really inspired me to try something different - with clear explanations, phrases to use and a clarity which was so refreshing."

**On the 10-min CBT:** "The energy and positivity of Lee David's presentation was infectious. She held the room single-handedly for two hours, which just flew by. I have already used some of her tricks too."

**On the Consultation skills session:** "It has made me think about consultation skills in a very different way."

**On the Drugs and Alcohol session:** "One of the best of the mental health talks - speakers and commissioners proud of their service, made a real effort to present and really interested in suggested improvements to service delivery."