



A guide to using the My-Mind TV Channel

www.my-mind.tv

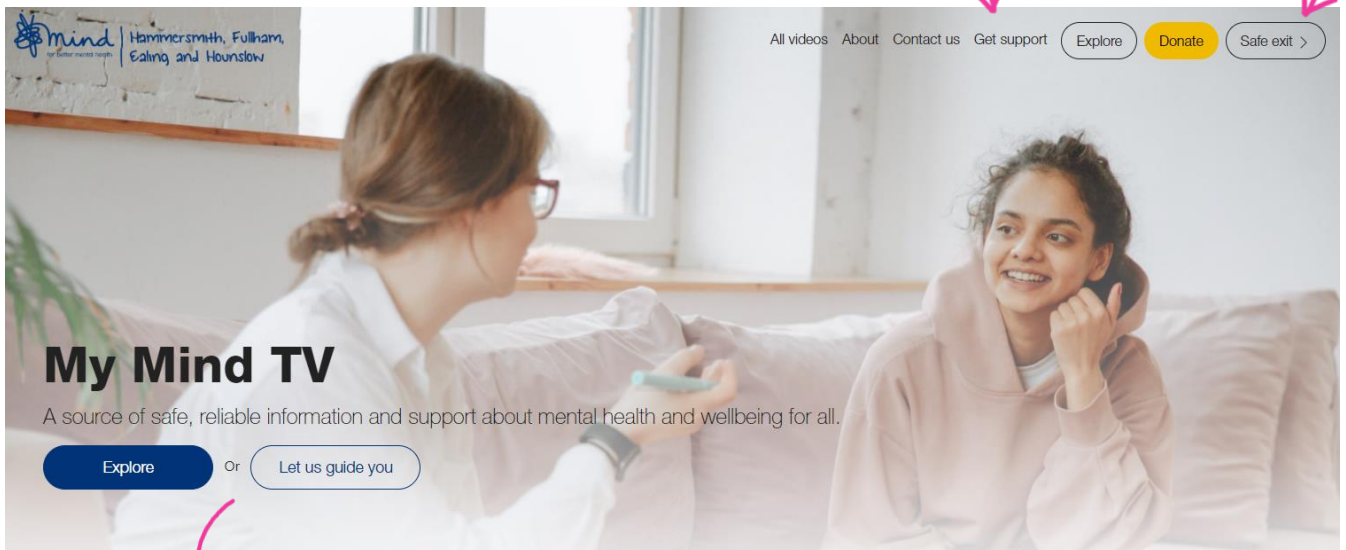
My-Mind TV is an online video channel, created by Hammersmith, Fulham, Ealing & Hounslow Mind. There are many videos on the channel which focus on a range of mental health and emotional wellbeing topics.

This guide will take you through how to use the channel and find videos that are relevant to you.

When you click here, you will be taken to our website which has helpful websites and phone numbers under the 'resources' tab

Click here at any point to quickly exit the site. It takes you to the Google homepage.

This is the homepage:



From here, you can either click 'explore' or 'let us guide you'. These options will help you to find videos suited for your age and need using tabs like those seen in the image below.

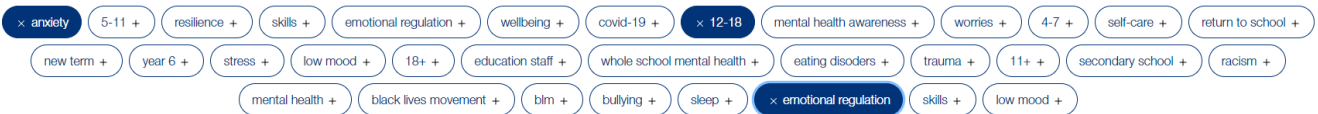


When you reach this page, you can click as many of these tags as you want that apply to you. This will personalise the search for your need.



Tell us what you are looking for

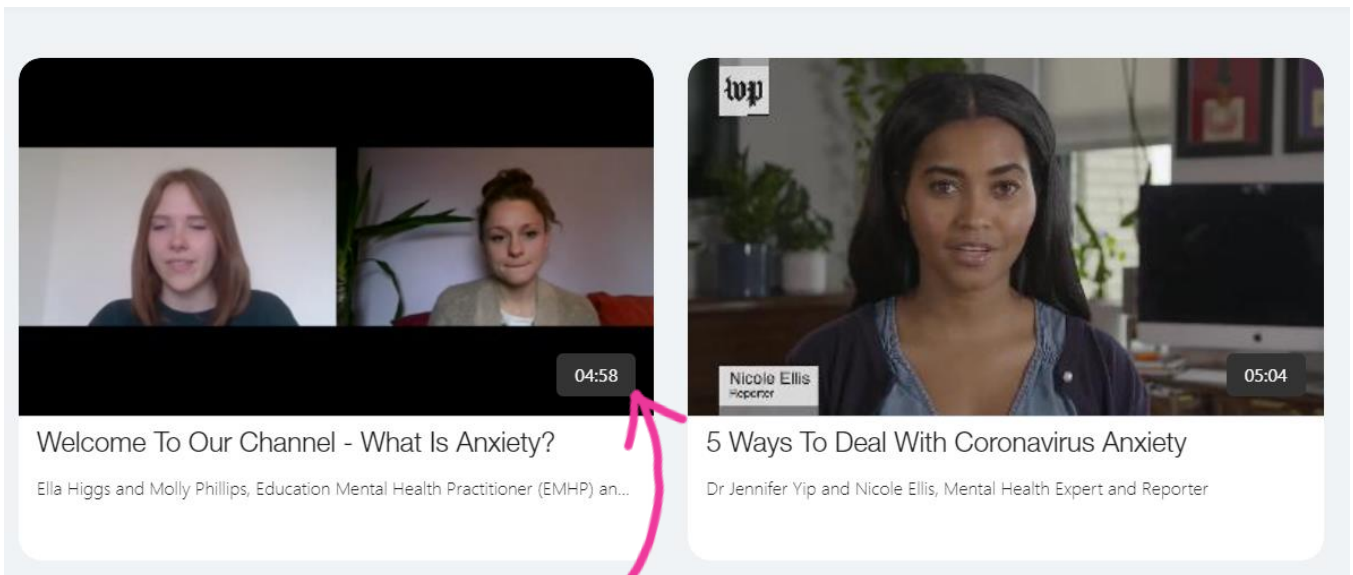
I am interested in...



See results



When you click 'see results', you will be presented with videos that appear like this. These will be relevant based on your search.



Here, you can see how long the video is



When you click on a video, you will see the full title and description. It will also tell you who created the video and what their job role is.

The screenshot shows a video player interface. On the left, a presentation slide titled "The stress bucket" is visible. The slide contains a drawing of a bucket with a handle and a lid. Text on the slide asks "What are some of the stressors you're facing right now?" and explains that the stress bucket can be useful for working out things you can change and things beyond your control. On the right side of the video player, the video title "What Is Our Stress Bucket And How Can It Help Us" is displayed, along with the creator's name "Amy Woodward and Jessie Au, Whole School Approach & Staff Wellbeing Advisor, and Education Mental Health Practitioner (EMHP)". A "Download Document" button is visible in the bottom right corner of the video player.

Some videos will have attached documents or worksheets which can be downloaded when this message pops up.

If you have any questions, you can look at the Frequently Asked Questions when you scroll to the bottom of the homepage.

Frequently Asked Questions

Feelings

- I'm experiencing thoughts about suicide, what should I do?
- I'm experiencing low mood/anxiety, what should I do?
- I'm looking for further information and resources about Mental Health, where should I go?

General

- I'm interested in hosting content on your channel, what next?
- There is a problem with the site/one of the videos.
- I've got ideas/suggestions for possible content, who should I talk to?

Finally, enjoy! Please use this platform as much as you like, in a way that works for you.