

Building Connectedness in Our School Communities

WEEK 1 OCTOBER 4TH – 10TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 1 "Minding Your Mind"

A TALK AIMED AT YOUNG PEOPLE

*by Skye Turner
Mental Health Advocate*

Hi there! My name is Skye, I'm 20 years old, and I've been an advocate and public speaker on mental health for the past few years, I love putting a smile on people's faces and personally know what it's like to struggle with mental health issues and poor self-esteem.

I currently go to college in WIT studying social care practice, and hope to be a counsellor one day. I really hope that my talk helps to inspire you and that you can take something helpful from it.

If you would ever like to reach out to me to find out more, my instagram is [skyeturner0701](#), and my dms are always open to chat!

Click [here](#) for the talk

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