

Post-Webinar Resource Sheet

for: Anti Bullying Week – An open conversation with Joe Sheerer from the Amy Winehouse Foundation

Please read through this post-webinar handout to learn more about the resources available!

Why is this topic important?

- Promotes a culture where everyone feels valued and respected.
- Highlights how bullying affects confidence, safety, and inclusion.
- Empowers people to speak up and support others.

Resources:

Podcasts/Talks:

- "The Power of Vulnerability" – Brené Brown (TED Talk)
- 'Let's Talk: Mental Health' podcast

Organisations:

- <https://www.mentalhealth.org.uk/>
- <https://anti-bullyingalliance.org.uk/>
- <https://mind.org.uk/>

Books:

- **School Bullying and Mental Health** — Helen Cowie & Carrie-Anne Myers
- **The Happiness Advantage** — Shawn Achor



Support & Helplines:

- Samaritans (UK): [samaritans.org](https://www.samaritans.org/) | ☎ 116 123 – Free, 24/7 emotional support.
- SHOUT Mental Health Text Line: [giveusashout.org](https://www.giveusashout.org/) | 📱 Text "SHOUT" to 85258

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