



Dear Principal,

We would like to highlight the latest episode of the HSE Talking Health and Wellbeing Podcast. The podcast's 100th episode is focused on [Supporting Your Teen with Anxiety](#). We would appreciate your support in sharing this episode with parents and carers and those working with young people.

In the latest episode, host Fergal Fox welcomes experts Rosemary Kavanagh, Speech and Language Therapist, Niamh Garavin, Occupational Therapist, and Muireann Treacy, Clinical Psychologist, to discuss adolescent development, with a particular focus on anxiety. They addresses the swift changes teenagers experience, the effects of anxiety, and the crucial role of clear communication to support young people.

We'd also like to highlight some episodes from the back catalogue of the **HSE Talking Health and Wellbeing Podcast** series with advice to support children and families in areas such as mental health, relationships and sexuality, obesity, physical health, screen time, cyber safety, substance misuse such as alcohol, smoking, vaping.

Episodes which may be of interest:

- [Supporting Your Teen with Anxiety](#) #100
- [Balancing Stress](#) #99
- [Relationships and Sexuality: Talking to Your Children](#) #98
- [Parenting in a Digital World](#) #96
- [Youth Alcohol and Health](#), # 90
- [Keeping a Healthy Smile](#), # 87
- [Childhood Obesity](#), # 73
- [Being LGBTQI in Ireland](#), # 72
- [Screen Time and Young People](#), # 67
- [Healthy Lunchboxes for Kids](#), # 66
- [Vaping Get the Facts](#) #36

All episodes are freely available on [Spotify](#), [Apple Podcasts](#), [YouTube](#) and [Podbean](#).

Kind Regards,

HSE Stakeholder Engagement & Communications,
HSE Health & Wellbeing