



From mountain to sea

Educational Psychology Service

Resources to support young people over the summer holidays

Activities for summer

- Parentclub - Tips for teens to get outdoors and get active - [Tips for teens to get outdoors and get active | Parent Club](#)

Aberdeen city

- Aberdeen city council – Summer of play – [Summer in the City 2022 | Aberdeen City Council](#)

Aberdeenshire

- Live Life Aberdeenshire – Summer of play – [Summer of Play - Live, Life Aberdeenshire \(lifelifeaberdeenshire.org.uk\)](#)

Moray

- Moray Council – Get into summer – [Get into Summer - Summer Activities - Moray Council](#)

Mental health

Summer holidays

- Anna Freud - #selfcareSummer **Primary** pack - [My self-care plan: primary \(annafreud.org\)](#)
- Anna Freud - #selfcareSummer **Secondary** pack - [My self-care plan: secondary \(annafreud.org\)](#)
- 5 WAYS TO BOOST YOUR MENTAL HEALTH DURING THE SCHOOL HOLIDAYS
- [Boost your mental health during the school holidays | Forward Thinking Birmingham](#)



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General

- **NHSG CAMHS YouTube channel** (including anxiety series) – [CAMHS Grampian - YouTube](#)
- **YoungMinds** - [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- **ChildLine** – Child line is the free 24-hour helpline for children and young people in the UK. Children and young people can phone, email or post on the message boards. [Childline | Childline](#)
- **Breathing Space** – Free, confidential, phone service for anyone experiencing low mood, depression or anxiety. [Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](#)
- Anna Freud - **Mindfulness calendar: daily five minute activities** - [Mindfulness calendar: daily five minute activities : Mentally Healthy Schools](#)
- **Make your own self soothe box** - [Hampshire CAMHS - Make Your Own Self Soothe Box - YouTube](#)
- **ACIS** – ACIS is a counselling and information service that provides free, confidential therapeutic counselling in the Aberdeen community. ACIS Youth provides counselling services for young people in Aberdeen City, which can be accessed directly by young people or requested by others, such as parents or carers, teachers or social workers, when the young person has given their consent. [Mental Health Aberdeen | MHA](#)

Aberdeenshire

Digital Mental Health Services for Aberdeenshire residents – From the 21st of June, children, young people and adults living in Aberdeenshire can access online digital services to support positive mental health and wellbeing.



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- **Kooth** is a service for children and young people aged 10–18 years (up to 19th birthday) that offers a free online counselling and emotional well-being support service. It provides a safe and secure means of accessing support from a professional team of qualified professionals, as well as providing access to many self-help tools and content. To access please register using this link www.kooth.com
- **Togetherall** provides support for young people and adults aged 16 years and upwards. Trained accredited professionals are available 24 hours a day, 7 days a week, meaning that any adult who may be struggling can choose from a range of safe therapeutic services at a time that best suits them. This service can be accessed by inputting your postcode at www.togetherall.com and creating a completely anonymous user account.

Risk assessment

- A parent's guide to self-harm - [Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)
- NHS Lothian Self Harm leaflet: [nhslothian.scot-document self harm](http://nhslothian.scot-document-self-harm)
- How to create a personal crisis and coping plan with a young person – [How to create a personal crisis and coping plan with a young person - YouTube](#)
- Mental health crisis, self-harm and suicide - [e-Learning module - Part 4: Mental health crisis, self harm and suicide - YouTube](#)
- How to respond to Self Harm:
- [Responding To Self-Harm In Young People | YoungMinds](#)
- Real life example of making a suicide safety plan – [Staying Safe](#)
- PAPYRUS is the UK Charity for the prevention of young suicide (under 35). [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)
- Samaritans: Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)
- Shout: Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.
- Self Harm UK: Dedicated to self-harm recovery, insight and support. <https://www.selfharm.co.uk>
- Harmless: User led organisation that provides a range of services about self-harm and suicide prevention. [Home - Harmless](#)



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Risk training

SafeTALK Accessed through Choose Life. The course is open to anyone over the age of 15 SafeTALK is a 3.5 hour session aimed at giving participants the skills to recognise that someone may be suicidal and to connect the person to someone with suicide intervention skills, for example, someone who has completed ASIST, GP, CAMHS.

Applied Suicide Intervention Skills (ASIST) Accessed through Choose Life Open to all over the age of 18, communities or professionals ASIST is a two-day comprehensive workshop for anyone who wants to learn how to recognise the signs of suicidal thoughts and how to intervene to prevent the immediate risk of suicide. The course is designed to help anyone in a community to become more willing, ready and able to help people at risk of suicide.

Parental support

- Action for Children - [Aberdeen Priority Families | Action For Children](#)
- Children 1st Aberdeen - Children 1st operates a family support service from their office in Aberdeen. They provide hands-on support to meet the needs of families under stress due to a range of issues including poverty, mental health, alcohol or drug misuse, loss or conflict. [Scotland's National Children's Charity | Children 1st](#)
- Home-Start Aberdeen – Home-Start centres provide a range of support to families with at least one child under five years old. Each centre has trained volunteers who support families who may be struggling with isolation, physical health, bereavement or a range of other issues. [Home - Home-Start Aberdeen \(homestartaberdeen.org.uk\)](http://homestartaberdeen.org.uk)