

HEALTHIER MINDS

East Renfrewshire

Supporting Children and Young People (10-18)

Mental and Emotional Wellbeing



Universal

Available to all

Targeted

Accessed by some &
those with more need

Intensive

Accessed by few

Universal

Targeted

Intensive

Universal

Support and advice to develop Children and Young People's coping strategies and promote wellbeing.



Schools & Nurseries

Age: 3-18

PSE Support, nurturing & Restorative practices.



Culture & Leisure

Age: 0-18

Classes, Clubs/Groups, Resources



Community Support Services

Age: 11-25

Youth Clubs & Detached Youth Work



Healthier Minds Website

Information, resources and guidance for Children, Young People, Parents/Carers & Professionals.



Parentline

(Children 1st)

Helpline for parents

08000 28 22 33



Educational Psychology Service

Advice and training for teachers to develop resilience and coping skills with children and young people

Universal

Targeted

Intensive

Targeted

Additional support from schools and agencies to promote

Children and Young People's wellbeing and develop coping strategies.



Schools & Nurseries

Age: 3-18

Pastoral support & Group Work



Community

Support Services

Age: 11-25

Support groups, youth work recovery fund, classes & employability

Referral:

YPSenquiries@eastrenfrewshire.gov.uk



Social Work

Age: 0-18

Family Support

Referral: Request for Assistance



Family First

Age: 0-11

Family Support

Referral: Self-referral, Nursery, Health Visitor or GP



Family Wellbeing Service

Age: 8-18

Family Support

Referral: GP



ER Carers Centre

Support & Groups for young carer's

Referral: Self-referral



Women's Aid

Helpline – 0800 027 1234

Support for C/YP who have experienced Domestic Abuse.

Referral: Contact Direct



Enable

1-1 and family support for C/YP & with Additional Support Needs

Referral: Contact Direct



Healthier Minds Service

1-1, family and group support, Multi-agency screening hub (Educational Psychology, CAMHS, Social Work, Healthier Minds Team). Referral route for Youth Counselling

Referral: Education & self-referral



Educational Psychology Service

Direct and indirect support to promote coping strategies and contribution to wellbeing plans.

Referral: Education

Universal

Targeted

Intensive

Intensive

Children or Young People who demonstrate significant or enduring mental health needs and require support from a number of specialist services.



Multi-agency

Assessment and planning to support C/YP

Schools & Nurseries

Intensive Pastoral and nurturing support

Referral: Education



Educational

Psychology Service

Ongoing support to contribute to planning around a child's education.

Referral: Education

Social Work

Involuntary or intensive support (e.g. Family Functional Therapy)

Referral: Request for Assistance



CAMHS

Intensive: outpatient support

Highly specialised: Involuntary or intensive support (e.g. Skye House, Safety Planning)

Referral: GP