

# HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Supporting Children and Young People (10–18)

Mental and Emotional Wellbeing



**Universal**

Available to all

**Targeted**

Accessed by some  
and those with more need

**Intensive**

Accessed  
by few

# Universal

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



## SCHOOLS & NURSERIES

Age: 3-18  
PSE Support, nurturing  
and Restorative practices



## EAST RENFREWSHIRE CULTURE & LEISURE

Age: 0-18  
Classes, Clubs/Groups,  
Resources



## COMMUNITY SUPPORT SERVICES

Age: 11-25  
Youth Clubs and  
Detached Youth Work

# HEALTHIER MINDS

## HEALTHIER MINDS

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

# 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 and  
Group Work



## COMMUNITY SUPPORT SERVICES

Age: 11-25  
Support groups, youth work recovery  
fund, classes and employability

**Referral:**

[YPSenquiries@eastrenfrewshire.gov.uk](mailto: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



## WOMEN'S AID

Helpline – 0800 027 1234  
Support for C/YP who have  
experienced Domestic Abuse

**Referral:** Contact Direct



## ER CARERS CENTRE

Support and Groups for young carer's

**Referral:** Self-referral

## ENABLE Group

### ENABLE

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

**Referral:** Contact Direct

## HEALTHIER MINDS SCREENING HUB

### 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 and self-referral



### EDUCATIONAL PSYCHOLOGY SERVICE

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

**Referral:** Education

# Intensive

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



## SCHOOLS & NURSERIES

Intensive Pastoral and nurturing support

**Referral:** Education

## MULTI-AGENCY

Assessment and planning to support C/YP



**EAST RENFREWSHIRE  
HEALTH AND SOCIAL CARE  
PARTNERSHIP**

## SOCIAL WORK

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

**Referral:** Request for Assistance



## EDUCATIONAL PSYCHOLOGY SERVICE

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

**Referral:** Education



**Specialist Children's Services**

## CAMHS

Intensive: outpatient support

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

**Referral:** GP