Support for Young People, Parents and Staff after Bereavement

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| WHAT | FOR WHO | HOW DO YOU ACCESS? |
| Practitioners |
| Mental Health Improvement, and prevention of self-harm and suicide: Informed level:3 videos for practitioners to support CYP:* What is mental health?
* How to talk about MH
* Ask, tell, save a life

We are testing a facilitated session with St. Mungo’s Pastoral Staff and will look at running this with other schools/ staff groups. | All practitioners working with Children and Young People and families including adult services. Informed level – staff who need to be informed about mental health, self-harm and suicide prevention in relation to children and young people. | [Informed level resources | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/33734/mental-health-improvement-and-prevention-of-self-harm-and-suicide/informed-level-resources)Scroll down to the 3 video clips. |
| Mental Health Improvement, and prevention of self-harm and suicide: Skilled Level resources.5 Reflective learning documents:* Promoting Mental Health and Tackling Inequalities
* Supporting People in Distress and Crisis
* Supporting People at Risk of Suicide
* Supporting People at Risk of Self-Harm
* Supporting Recovery and Quality of Life for People Living with Mental Ill Health
 | Practitioners who have direct contact such as Pastoral Staff, Family Support Workers, Health Visitors, Social Workers, School Nursing, CLD School Workers, SDS, ETU, Campus Police.Skilled Level - ‘non-specialist’ front line staff working in health, social care, wider public and other services. These workers are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide | [Skilled level resources | Turas | Learn (nhs.scot)](https://learn.nes.nhs.scot/33738/mental-health-improvement-and-prevention-of-self-harm-and-suicide/skilled-level-resources)Scroll down to download the 5 learning bytes. |
| Employee assistance programme | Employee Assistance Helpline 24-hours a day, 365 days a year. The helpline offers counselling and advice on a variety of personal, family or workplace issues. | 0800 171 2181 |
| Falkirk Council Staff Wellbeing Supports. | Website offering support and advice. | [Wellbeing | Falkirk Council](https://www.falkirk.gov.uk/employees/wellbeing/) |
| Childhood Bereavement UK | Support site for a child is grieving or when a child dies. | <https://www.childbereavementuk.org/>Click on support & information |
| Winston’s Wish - UK | Support for children when they are grieving. | <https://www.winstonswish.org/> |
| Survivors of Bereavement by Suicide – UK Charity | Charity that hosts information for professionals and families.The support group search doesn’t show local groups. FDMAH can offer this local support. | [For professionals – Survivors of Bereavement by Suicide (uksobs.org)](https://uksobs.org/for-professionals/?doing_wp_cron=1611652540.1318860054016113281250) |
| NHS Inform Coping with Grief | Useful information on grief for everyone, staff, young people, families. | [Coping with grief | NHS inform](https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement/coping-with-grief) |
| After Suicide Leaflet. SAMH. | Leaflet to help people withthe practical issues that need to be faced after a suicide, talk about the emotions people might be experiencing and suggest some places where people can get help. | [After\_a\_suicide.pdf (samh.org.uk)](https://www.samh.org.uk/documents/After_a_suicide.pdf) |
| Supporting People Bereaved by Suicide. Choose Life. | This may be something to look at down the line.A good practice guide for organisations that respond to suicide.  | [67-SupportingPeopleBereavedBySuicide.pdf (chooselife.net)](http://www.chooselife.net/uploads/documents/67-SupportingPeopleBereavedBySuicide.pdf) |
| Young People/ Parents |
| Social Media messages | National and local supports to share on social media.1. National supports for young people (MH 1)2. National and Local supports (MH 2)3. Grief | 1 has been shared on Twitter, all schools tagged and CS comms sharing with local sports clubs. More messages to follow. Please reshare with parents and young people.If you want other messages developed let us know. |
| Seasons for Growth supports those who have experienced any loss, including bereavement. | FDAMH are licensed to provide online Seasons for Growth groups.Small group of young people who have been more affected by the loss i.e. Friends, peers. | 01324 671 600ian.dickson@fdamh.org.uk |
| Safety & Stabilisation Training | Initial training for staff, parents and then a group for young people for 8 weeks who need support with emotional regulation, frequent distress, high risk behaviours, type 1 or 2 trauma. | Organised via school delivered by CAMHS. Contact Jude. |
| Bereaved by Suicide Group (16+) | Support group for people affected by suicide facilitated by staff from FDAMH. | 01324 671 600ian.dickson@fdamh.org.uk  |
| Falkirk Trauma Service for Children and Families.Aberlour Langlees Family Centre host the service. | This would be for those significantly impacted i.e. siblings, family members. | Kim CareyService Manager Langleeskim.carey@aberlour.org.uk01324 638080 |
| FDAMH – Falkirk District Association for Mental Health. | Support for anyone with their mental health. Immediate Help Service. | [FDAMH - Falkirk's Mental Health Association](https://www.fdamh.org.uk/)01324 671600 |
| 13 ways – Young Scot Blog | Blog all about positive mental health, supporting your friends and seeking help if you are struggling.Also useful to staff supporting YP. | [13 Ways - A Suicide Prevention Blog for Young People | Young Scot](https://young.scot/campaigns/north-ayrshire/13-ways-a-suicide-prevention-blog-for-young-people) |
| NHS Self Help Guide Bereavement | Self help guide for bereavement and lots of other topics including, stress, mental health, anxiety, sleep, substance use. | [NHS Forth Valley - Self Help Guides (ntw.nhs.uk)](https://www.selfhelpguides.ntw.nhs.uk/forthvalley/SelfHelp) |
| When someone dies – leaflet for children. | Suitable for younger children. | [When someone dies (healthscotland.com)](http://www.healthscotland.com/uploads/documents/154-When%20someone%20dies-June2019-English.pdf) |
| After Suicide Leaflet | Leaflet to help people withthe practical issues that need to be faced after a suicide, talk about the emotions people might be experiencing and suggest some places where people can get help. | [After\_a\_suicide.pdf (samh.org.uk)](https://www.samh.org.uk/documents/After_a_suicide.pdf) |
| Survivors of Bereavement by Suicide – UK Charity | Charity that hosts information for professionals and families.The support group search doesn’t show local groups. FDMAH can offer this local support. | [Resources for survivors – Survivors of Bereavement by Suicide (uksobs.org)](https://uksobs.org/resources-for-survivors/?doing_wp_cron=1611652954.7447459697723388671875) |
| NHS Inform Coping with Grief | Useful information for everyone, staff, young people, families. | [Coping with grief | NHS inform](https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement/coping-with-grief) |