

















Primary School Signposting for Mental Health

Emotional Wellbeing Supports		
	<p>The updated Our Minds Matter Framework describes the continuum of mental and emotional wellbeing support available in Fife.</p>	<p>OMM-Framework-Refresh-2025-Final-Version.pdf</p>
	<p>School Nursing Health Hub: For Professionals. Emotional Health and Wellbeing is one of School Nursing's key priority areas and they aim to offer an assessment of needs within 4 weeks. For children under 12, the SNS work closely with families.</p>	<p>School nursing health hub for professionals NHS Fife</p>
	<p>The Kitbag multi-sensory resource can be used as an additional support for young people either on a one-to-one basis with support staff, or in small group sessions. All Education staff also have full access to the online resource which can be used in the same way.</p>	<p>Kitbag Online</p> <p>Or contact louise.stean@fife.gov.uk for more information on accessing or using the cloth resource.</p>
	<p>CAMHS referral information and 'things to try' resources. Staff can also speak to CAMHS Early Intervention Service directly by using the consultation line - 01334 696019 Int: 56019</p>	<p>Mental health - CAMHS services in NHS Fife NHS Fife</p>
Parental and Family Supports		
	<p>Access Therapies courses for parents and carers, esp. 'Understanding Kids', 'Parenting an Anxious Child', and 'Embracing Differences' – See info below</p>	<p>Home - Access Therapies Fife NHS</p>
	<p>School Nursing Health Hub: for parents and carers. Emotional Health and Wellbeing is one of School Nursing's key priority areas. For children under 12, the SNS work closely with families.</p>	<p>School nurse health hub for parents and carers NHS Fife Contact numbers for different teams: Dunfermline and West Fife: 01383627045 Kirkcaldy and Levenmouth: 01592645220 Glenrothes and North-East Fife: 01592 765081</p>
	<p>CAMHS parental online workshops (useful for any adult supporting children), covering a variety of mental health themes.</p>	<p>Workshop 1 - Parent - Understanding your child's anxiety (office.com)</p> <p>Workshop 2 - Parent - Emotion Regulation (office.com)</p>

		<p>Workshop 3 - Parent - Understanding and Surviving The Teenage Years (office.com)</p> <p>Workshop 4 - Parent - Containment and Managing Challenging Behaviour (office.com)</p> <p>Workshop 5 - Parent - Low Mood and Motivation (office.com)</p> <p>Workshop 6 - Parent - Safeguarding your Child's Wellbeing - Online Safety and Bullying (office.com)</p>
	Information, resources and self-help guides	Mood Cafe Home
	'Togetherness' (formerly Solihull) have relaunched their free online courses for parents and carers (and anyone else supporting children and young people) which can be accessed for free using the code 'TARTAN'	Understanding your child's mental health and wellbeing - Togetherness
Bereavement Support		
	Richmond's Hope is a bereavement charity supporting young people aged 4–18 who are struggling with grief and could benefit from extra support.	<p>www.richmondshope.org.uk</p> <p>Get Support:</p> <ul style="list-style-type: none"> • Tel: 01333408601 • Email: methil@richmondshope.org.uk
	Winston's Wish is a charity that offers free, accessible online grief support to children and young people (aged 25 or under) across the UK who are bereaved or facing the death of someone important.	<p>Website: www.winstonswish.org</p> <p>Get Support:</p> <ul style="list-style-type: none"> • Freephone Helpline: 08088 020 021. (Open 8am and 8pm, Monday to Friday) • Text: 07418 341 800 (open 3pm-8pm, Monday to Friday) • Email: ask@winstonswish.org and we'll reply within two working days.
	One-to-one support for children, young people and families.	Website: www.crusescotland.org.uk

		<p>Get Support:</p> <ul style="list-style-type: none"> • Free Bereavement Helpline: 0808 802 6161 (open Weekdays 9am-8pm and Weekends 10am-2pm) • Email: support@crusescotland.org.uk
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Emergency Support

	<p>NHS 24</p> <p>Call: 111 (open 365 days a year, 24 hours a day)</p>
	<p>Shout</p> <p>Text 'Fife' to 85258 (available 24 hours a day)</p>
	<p>Childline</p> <p>Call: 0800 1111 (open 365 days a year, 7:30am - 3:30am)</p>
	<p>Samaritans</p> <p>Call: 116 123 (available 24 hours a day)</p>
	<p>Papyrus</p> <p>Call: 0800 068 4141 Text – 07860039967 (open 365 days a year, 9am - midnight)</p> <p>Papyrus UK Suicide Prevention Prevention of Young Suicide</p>

Are you interested in attending a free NHS psychology course for children, young people & parents?

Embracing Difference

- A 6-session **online group**
- For parents/ carers of primary aged children who present with **neurodivergence**
- Learn strategies to support your child & **reduce distress**
- No diagnosis required to attend



Scan QR code to learn more:



Parenting An Anxious Child

- A 5-session anxiety management group
- For parents/ carers of primary aged children who present with **anxiety**
- Learn more about childhood **anxiety** and ways to manage it



Scan QR code to learn more:



SHINE

- A 6-session **online or in person group**
- For young people aged 12-17
- Learn about **anxiety** & ways to manage it in a non-judgmental safe space



Scan QR code to learn more:



Understanding Kids

- 6 **online** information sessions
- For parents/ carers of **primary-aged children**
- Develop understanding and knowledge about **child development and behaviour**
- Learn strategies to help your child thrive.

Scan QR code to learn more:



Understanding Teens

- 7 **online** information sessions
- For parents/ carers of **secondary-aged children**
- Develop understanding of adolescent brain development & behaviour
- Learn strategies to help your teen thrive
- Includes a session about understanding neurodivergence



Scan QR code to learn more:



Other Resources

Self-Referral

- Glow – app-based anxiety resource for parents and carers
- Silvercloud – Supporting Your Anxious Child programme
- Silvercloud – Supporting Your Anxious Teen programme

Referral (from GP, NHS Fife staff or school staff)

- Silvercloud – Space from Anxiety for Teenagers
- Silvercloud – Space from Low Mood & Anxiety for Teenagers
- Silvercloud – Space from Low Mood for Teenagers

For information on all our groups and courses as well as self-help resources please visit www.accesstherapiesfife.scot.nhs.uk or scan the QR code here;

