

Mental Health and Wellbeing Resources

This guide offers information on a range of mental health resources available to partners working with and /or supporting children and young people.

RESOURCE PACKS

On Edge: Learning About Self-harm

A resource pack to help teachers, youth workers and practitioners learn more about self harm and support available.

<https://mindreel.org.uk/video/edge-learning-about-self-harm-deans-story>

What's on your mind?

A resource pack developed by See Me, to help build young peoples' confidence, understanding off stigma and discriminations and taking action.

<https://www.seemescotland.org/young-people/whats-on-your-mind/>

Let's talk about mental health

A resource pack developed by Quarriers for those who want to support children in building resilience to help tackle mental health issues if and when they arise.

<https://quarriers.org.uk/wp-content/uploads/2017/07/Mental-health-for-children.pdf>

Positive Mental Attitudes (PMA)

A resource pack to support teachers and practitioners to engage with young people about mental health issues. The lessons can be used individually put together aim to provide a whole school approach to mental health education.

<https://mindreel.org.uk/video/positive-mental-attitudes-%E2%80%93-schools-curriculum-pack>

Developing Emotional Awareness and Listening (DEAL)

A resource developed by Samaritans for teachers and practitioners to help develop resilience in young people.

<http://www.samaritans.org/education/deal>

Resilience Toolkit

A resource that provides a range of activities to help promote and develop resilience in young people.

<https://quarriers.org.uk/wp-content/uploads/2017/07/Mental-health-for-children.pdf>

<https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>

CAPACITY BUILDING

Healthy Minds

Healthy Minds is an awareness raising resource to support implementation of the NHSGG&C Mental Health Improvement frameworks (adult & child and youth). The resource aims to promote a universal basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. We hope that we have developed a resource which will empower individuals, partners and organisations to recognise we all have a role in promoting and supporting mental health and you don't have to be an "expert" to do this. There are 14 topic sessions available.

<https://www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health/>

A whole school approach to loss and bereavement

This guidance aims to support practitioners to increase their knowledge and understanding on the subject of bereavement, loss and change and how they can support children and young people.

[https://www.goodlifedeathgrief.org.uk/content/resources/Whole_School_Approach_to_LossAndBereavement\).pdf](https://www.goodlifedeathgrief.org.uk/content/resources/Whole_School_Approach_to_LossAndBereavement).pdf)



Understanding mental health: e learning module

This free online learning module with 6 sections is for people who have no previous training in mental health. It gives a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems. To register and complete go to www.northlanmindset.org.uk

Understanding Self-harm: e learning module

This free e learning module is for people who have no previous training in this area. It gives an overview of the area of self-harm and how those who do self-harm can be supported.

Access www.selfharmlifelines.org.uk to register and complete the module.

DIGITAL RESOURCES

Aye Mind

Aye Mind is on a mission to improve the mental health and wellbeing of young people – by making better use of the internet, social media and mobile technologies. We have worked with young people aged 13 to 21 to create and share a wide range of resources. There is also a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing. Visit www.ayemind.com



One Good Adult Clip

Having a supportive and trusted adult is key to how well a child and / or young person is connected; self-confident, future looking and can cope with problems. Developed in partnership with NHS GGC, Glasgow HSCP, SWAMP and various young people, the film shares the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.

<https://www.youtube.com/watch?v=nuEHXTQNE-k>

Top 10 tips for

Resilience

- R** **Remain Positive** Look towards the future, think of what you want from life.
- E** **Establish Realistic & Achievable Goals** This helps give you focus.
- S** **Strategies** Plan your coping strategies. Don't be afraid to ask for help.
- I** **Identify** Identify your strengths and be confident in yourself.
- L** **Learn from Experience** Learn from experience and move on.
- I** **Introduce** Introduce a positive way of thinking. Focus on the good things in your life.
- E** **Enjoy** Make time to do the things you enjoy.
- N** **Needs** Take care of yourself. Keep healthy and fit.
- C** **Connect** Build healthy relationships with your family, friends and teachers.
- E** **Embrace Change** Don't dwell on the past. Put your energy into the present to shape your future.

STAFF WELLBEING

Heads Up

Offers mental health advice, and information, on mental health conditions - about how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in.

<http://headsup.scot/>

Charlie Waller Memorial Trust

This website hosts a wide range of mental health information leaflets as well as policy templates that are free to download and modify.

<https://www.cwmt.org.uk/>

Breathing Space

A free telephone based service for people feeling low, anxious or stressed.

<https://www.nhs24.scot/our-services/living-life/>

Samaritans

Free and confidential support to anyone, any age

Tel: 116 123

www.samaritans.org/scotland