

Children's Commission Mental Health & Wellbeing (MHWB) Task Group - Mapping March 2017

MHWB Tier 3

significant impact on daily psychological /social/ educational functioning

Complex risk assessment - CAMHS
Complex Trauma Training - CAMHS
Peri-natal MH pre birth planning
Looked After Children psychologist

MHWB Tier 4

Rapidly deteriorating mental health/ self harm/ assessment or treatment

Day units
In patient beds outwith Forth Valley
Complex risk assessment - CAMHS
Complex Trauma Training - CAMHS
Peri-natal MH pre birth planning
Looked After Children psychologist

MHWB Tier 2 Daily life affected

Child's Plan assessment tools.
In my Shoes
Targeted/ bespoke training: Self Harm, Suicide, body issues
Attachment (CAMHS & Ed Psych)
Talking Mats
Perinatal Mental health Befriending (Aberlour)
Video Interactive Guidance (VIG - Aberlour & Ed Fam Support)
Listening Services in schools
School counselors

MHWB Tier 1 UNIVERSAL

CAMHS Advice Line 01786 454546
Universal Services health and education
Seasons for Growth YP & Adult
Young Scotland in Mind
Scottish Mental Health First Aid
APP - Safespot
SeeMe website
Healthy Minds
LGBT Youth Scotland
Mindfulness
Corporate Parents training
'See Me' In work training
Five to Thrive

MHWB Tier 1 UNIVERSAL

GIRFEC Practitioner Pages - M 'Mental health' C 'CAMHS'
Attachment, Trauma & Nurture training & e modules (practitioner pages)
Intro to CAMH Training
Health Promotion Training - Stress Control
Bounceback & Glasgow Pack (curricular)
The ICE Pack (primary)
Mentors in Violence Project
Sleep Scotland resources
Respect Me Website
Social Norms Project
Exam Stress Sessions - Ed. Psychology
Health information resource service NHS



CAMHS = Child and Adolescent Mental Health Service

More Info? Email: girfec@falkirk.gov.uk