

MENTAL HEALTH RESOURCES AIMED AT YOUNG PEOPLE

Please find a list of resources which may be useful for children / young people. To access any resource click on the name which will link you to an appropriate web page. These resources have been collated into Glasgow HSCP 6 Box Model to theme them.



ONE GOOD ADULT

Information could be collated on this through looking at Nurturing Me or through supporting young people to think about the supports they have at different levels using this document [here](#).

RESILIENCE BUILDING IN SCHOOL

Children in Scotland Wellbeing Resource.

- This resource focuses on Wellbeing , links to GIRFEC and UNCRC
- Age range: pre-school to teenagers. Split into age categories

Resilience Toolkit

- This resource covers supporting resilience and is 10 lesson plans
- Age range: 10 and over

Let's Talk about mental health

- Resource pack designed to look at mental health
- Age range: P3/4 (6 lessons) and P7 (14 lessons)

Developing Emotional Awareness and Literacy (DEAL)

- This resource supports young people to communicate about mental health and develop coping strategies
- Age range: 14+ some activities may be able to be used for younger pupils

CCC

- Whole school resource supporting emotional and mental wellbeing of pupils
- Age range: Upper Primary

What's on your mind?

- Resource pack with 16 activities designed to look at a range of topics within mental health
- Age range: 11-18

Positive Mental Attitudes

- Resource pack designed to look at emotional and social wellbeing. 4 lesson plans per yeargroup
- Age range: S1-S6

Healthy Minds

- This resource covers 14 topics and has curricular resources for each topic
- Age range: secondary pupils

On Edge

- Pack of 4 lesson plans looking at self-harm (videos)
- Age range: upper primary upwards

Other resources

- PATHS
- 5 to Thrive
- Roots of Empathy
- Whole School Nurture



RESILIENCE BUILDING IN COMMUNITIES

Consideration of local resources including:

- Counselling e.g. Place2B, Lifelink
- Includem
- MCR mentoring
- Church groups or supports
- Includem
- MCR Pathways
- 3rd sector partners

Could a Mental Health group be set up in school to look at issues and provide informal supports?

Could upper secondary pupils be trained in awareness raising e.g. some secondary pupils have been trained in Suicide Awareness - SuicideTalk



RESPONDING TO DISTRESS

- Many children approach an adult they can trust to discuss issues with them. It doesn't always take an "expert" in mental health to support someone and let them feel listened to and sometimes this is what is sought.
- Always ask the young person you are working with what supports they feel they would benefit from.



ASIST / Safe Talk / Suicide Talk

- Suicide Intervention which supports young people who are thinking of suicide

Season for Growth

- Programme which looks at loss and change

Mental Health First Aid

Hands On Scotland

- Resource which supports a range of areas of mental health - parents can link in too

CAMHS resources

- A private organisation (not affiliated to Glasgow CAMHS) which has a range of resources available on the website

More resources available in Peer supports

GUIDING THRU THE SERVICE MAZE



SIIM

- Education referral for solution oriented discussion. Staged intervention should be in place.

Educational Psychology

- Referral should come through the SIIM or JST

JST

- Referral for a solution oriented discussion with a range of professionals including social work. Health can be requested in advance. and 3rd sector join in some areas. Pupils should already have a WAP in place.

CAMHS

- Referral guidelines accessed [here](#)

School Counselling Service

- Check local supports available

School Nurse

- Referral guidelines [here](#)

SLT Telephone consultation line

- Wednesday 1-4pm, 0141 211 6056
- Friday 9.30-11.30am, 01415316843

GP

PEER HELP / SUPPORT



Aye Mind

This is an online resource aimed at supporting young people. There is a section for young people to find support and an area for workers where they can work through an issue together.

Young people can make GIFs as part of this work.

Big White Wall

- Online space for young people to share thoughts and look at resources in relation to mental health.
- Age range: 16 - 18

Young Scot

- This website has lots of supports for mental health and other relevant resources for young people.

All Sorts Youth

- All Sorts Youth provide advice and support for the LGBTU community.



Glasgow Psychological Service
nurturing wellbeing and learning

