**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: [Wellbeing support circles](https://blogs.glowscotland.org.uk/glowblogs/public/glasgowpsychologicalservice/uploads/sites/4587/2019/09/15131651/MENTAL-HEALTH-AND-WELLBEING-SUPPORTS-CIRCLES.docx)

**RESIIENCE BUILDING IN SCHOOL**

[Children in Scotland Wellbeing resource](https://childreninscotland.org.uk/wp-content/uploads/2019/09/201902_GIRFEC-Toolkit_11Note.pdf)

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

[Resilience toolkit](https://www.nhsggc.org.uk/media/257099/resilience-toolkit.pdf)

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

<https://www.quarriers.org.uk/how-we-help/children-families/lets-talk-about-mental-health/>

[Let's Talk about Mental Health](https://www.quarriers.org.uk/how-we-help/children-families/lets-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](https://www.samaritans.org/scotland/how-we-can-help/schools/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

[Compassionate and Connected classroom](https://education.gov.scot/improvement/learning-resources/compassionate-and-connected-classroom)

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

[What's on your Mind](https://www.seemescotland.org/young-people/whats-on-your-mind/)

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

[Healthy Minds](https://www.nhsggc.scot/about-us/)

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

**OTHER RESOURCES**

PAThS

5 to Thrive

Roots of Empathy

 Whole School Nurture

**CONSIDER OF LOCAL RESOURCES INCLUDING:**

Counselling e.g. Place2B, Lifelink

Includem

MCR mentoring

Church groups or supports

 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?

**RESPPONDING 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-** Programme which looks at loss and change

**Season for Growth**-Programme which looks at loss and change

**Mental Health First Aid-**Resource which supports a range of areas of mental health - parents can link in too

[CAMHS resources](https://www.camhs-resources.co.uk/-) A private organisation (not affiliated to Glasgow CAMHS) which has a range of resources available on the website

**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

**CAMHS**- referral guidelines accessed [here](https://blogs.glowscotland.org.uk/glowblogs/glasgowpsychologicalservice/mental-health/camhs-referral-guidelines/)

**JST**- Referral for a solution oriented discussion with a rnage 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.

**School Counselling Service**

Check local supports available

**SLT Telephone consultation line**

Wednesday 1-4pm, 0141 211 6056

Friday 9.30-11.30am, 01415316843

**PEER HELP / SUPPORT**

[**Aye Mind**](https://ayemind.com/)

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.

[All Sorts Youth](https://www.allsortsyouth.org.uk/)

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

[Together All](https://togetherall.com/en-gb/)

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

<https://young.scot/get-informed>

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

Glasgow Educational Psychology Service