

# Community Mental Health & Wellbeing Supports for Children & Young People

Equity,  
Excellence &  
Empowerment  
through  
Psychology

## Universal Services

Togetherall  
Bookbug for the home  
Universal wellbeing inputs (e.g. S3 wellbeing day)  
Shelf-help  
Parents & carers videoscribes  
South Ayrshire Youth Forum (SAYF) wellbeing resources  
NHS Ayrshire & Arran self-help resources  
Mental Health awards  
Scottish Association for Mental Health (SAMH) Let's Talk  
Community Learning & Development  
Active Schools  
Young Scot

## Additional Services

Family Learning Team  
Aberlour SUSTAIN  
Belmont Family First  
Action for Children Blues Programme  
Bloom  
Blether/Bereavement boxes  
LGBT Youth Scotland Worker  
Mind Moose  
Cognitive Behavioural Approaches.  
Three Sixty Ayr  
Barnardo's  
Befriending Service  
Sleep Counselling Service  
Let's Introduce Anxiety Management (LIAM)  
Champion's Board

## Specialist Services

School nursing  
Play Therapy  
Educational Psychology Service  
Autism Outreach Team  
Welfare Officers  
Chestnut Cottage  
Choose Life  
School Counselling service  
Speech & Language Therapy  
Womens Aid  
Penumbra suicide bereavement support  
Learning & inclusion Team  
Penumbra self-harm services  
We are With You  
Moving on Ayrshire  
Home Link

## Enhanced Services

Child and Adolescent Mental Health Service (CAMHS)  
Social Work  
Distress Brief Intervention (DBI)

*south*  
**AYRSHIRE**  
COUNCIL  
Comhairle Siorrachd Àir a Deas  
Making a Difference Every Day

FOR FURTHER DETAILS ABOUT THESE SERVICES, PLEASE SEE PAGE 2. FOR DETAILS AROUND HOW TO ACCESS A SERVICE, SEE PAGE 3. We further remind you to consider any referrals for children, young people and families to new services in the context of the support a family is already receiving, & to ensure informed consent/collaborative working.

## Universal Services

### Togetherall

A digital mental health & wellbeing support service accessible 24/7. Available to all 16-25s in SAC.

### Bookbug for the home

The library service provides access to these books for parents/carers & children across SAC.

### Universal wellbeing inputs (e.g. S3 wellbeing day)

### Shelf-help

The library contains self-help resources, available to all in SAC.

### Parents & carers videoscribes

In collaboration with Public Health, developing video resources around mental health & WB for all parents & carers.

### SAYF wellbeing resources

Wellbeing resources available to young people from the South Ayrshire Youth Forum.

### NHS A&A self-help resources

Apps, leaflets & books available to support health & wellbeing from NHS A&A.

### Mental Health awards

E.g. South Ayrshire Youth Forum's mental health charter for primary or secondary schools.

### SAMH Let's Talk

Scottish Association of Mental Health will deliver whole-school, proactive support around mental health & wellbeing in a selection of primary/secondary schools.

### Community Learning & Development

CLD supports initiatives for young people inc Youth Work, SALIS, & SAYF.

### Active Schools

Active Schools provide support across SAC from P1 onwards.

### Young Scot

Young Scot have collated resources specifically for young people in South Ayrshire

## Additional Services

### Family Learning Team

The family learning team provides supports to early years pupils & their families.

### Aberlour SUSTAIN

The SUSTAIN service provides early intervention support to families around health and wellbeing. (P1-S4)

### Belmont Family First

The Belmont Family First project provides whole-family support to families with the aim of preventing social work involvement.

### Action for Children Blues Programme

The Blues Programme provides early intervention support re: low mood for identified S2/S3 pupils.

### Bloom

Bloom will support resilience in pupils 14-18.

### Blether/Bereavement boxes

Blether boxes are available to primary children who have experienced a loss or bereavement.

### LGBT Youth Scotland Worker

LGBT Youth Scotland's youth worker supports group work & info around LGBT related issues.

### Mind Moose

Mind Moose digital mental health service will facilitate age-appropriate psychoeducation.

### Cognitive Behavioural Approaches

Participating staff members will be able to support pupils & fellow staff with CBA.

### Three Sixty Ayr

Three Sixty Ayr offer drop in support centred around a sense of community.

### Barnardo's

Barnardo's provide targeted support to children and families relating to a variety of wellbeing needs.

### Befriending Service

Provides befriending support to children 8-18 with social and/or emotional difficulties.

### Sleep Counselling Service

Supports children/young people & families with sleep difficulties.

### LIAM

Let's Introduce Anxiety Management for anxiety.

### Champion's Board

The champions board brings together care-experienced young people to own their stories.

## Specialist Services

### School nursing

The school nurse supports primary & secondary children and young people with a variety of mental health and wellbeing needs.

### Play Therapy

Play Therapy service supports primary children in distress

### Educational Psychology Service

The Educational Psychology Service supports children, young people & families, as well as consultation & training to schools & therapeutic intervention where needed.

### Autism Outreach Team

This team support autistic children & young people or those with language & communication needs through direct work & consultation/capacity building through schools.

### Virtual School/Welfare Officers

The welfare officers work in collaboration with the virtual head teacher to support care-experienced children/young people.

### Chestnut Cottage

Chestnut cottage is an enhanced nurture provision for children in P2-P6 with SEBN.

### School Counselling service

School counsellors are available to provide support through 1:1 counselling to any pupil age 10+

### Speech & Language Therapy

SLT provide support around speech, language & communication for children and young people with associated needs across SAC. Also consult with schools, EYCs & families.

### Women's Aid

Support those who have experienced domestic violence.

### Penumbra suicide bereavement support

For anyone in Ayrshire or Arran who's been bereaved by suicide.

## Specialist Services

### Learning & inclusion Team

The inclusion coordinators support children & young people experiencing barriers to inclusion & seek to support their inclusion in a mainstream environment where appropriate.

### Penumbra Self-Harm Service

This service provides support to secondary pupils who self-harm or are at risk of self-harming & their families.

### Penumbra SW Service

This service provides support to care-experienced 12-18 year olds who self-harm or at risk of self-harming, in addition to young people presenting at A&E around self-harm.

### We are With You

This organisation provides free, confidential support to those age 16+ around drugs, alcohol & mental health.

### Moving on Ayrshire

Provides counselling & support to those who've experienced rape or sexual assault.

### Home Link

Home Link team supports children 3-18 & their families with a variety of wellbeing needs, transitions, bullying, non-attendance etc.

## Enhanced Services

### CAMHS

The Child & Adolescent Mental Health Service provides specialist support from short-term interventions to complex treatments & assessments of mental health needs.

### Social Work

Social Work service supports families, and supports concerns around potential risks to children & young people.

### DBI

DBI supports people in immediate distress

## Universal Services

### Togetherall

Accessible via [www.togetherall.com](http://www.togetherall.com) with DOB & SAC postcode

### Bookbug for the home

This service is accessible through the library service.

### Universal wellbeing inputs (e.g. S3 wellbeing day)

### Shelf-help

Accessible through your local library & [here](#).

### Parents & carers videoscribes

In collaboration with Public Health, developing video resources around mental health & WB for all parents & carers.

### SAYF wellbeing resources

Wellbeing resources available to young people from the South Ayrshire Youth Forum.

### NHS A&A self-help resources

Apps, leaflets & books available to support health & wellbeing from NHS A&A. For websites, apps & info click [here](#).

### Mental Health awards

For more information on the SAYF Mental Health Charter mark, contact Lynn Dillon ([lynn.dillon@south-ayrshire.gov.uk](mailto:lynn.dillon@south-ayrshire.gov.uk)).

### SAMH Let's Talk

Scottish Association of Mental Health will deliver whole-school, proactive support around mental health & wellbeing in a selection of schools.

### Community Learning & Development

CLD supports initiatives for young people inc Youth Work, SALIS, & SAYF.

### Active Schools

Active Schools provide support across SAC from P1 onwards. Each school has an active schools coordinator, more information at [www.activesouthayrshire.co.uk/as](http://www.activesouthayrshire.co.uk/as)

### Young Scot

Locally relevant information available at this [link](#).

## Additional Services

### Family Learning Team

Accessed through signposting in EYCs.

### Aberlour SUSTAIN

Send a completed request for assistance form for a pupil in P1-S4 to [jenny.corcoran@south-ayrshire.gov.uk](mailto:jenny.corcoran@south-ayrshire.gov.uk) or [lucy.gash@aberlour.org.uk](mailto:lucy.gash@aberlour.org.uk)

### Belmont Family First

Contact pastoral support at Belmont.

### Action for Children Blues Programme

Pupils in the target age group will be screened by action for children & invited to join.

### Bloom

Bloom will launch as a pilot at Girvan Academy & Kyle Academy

### Blether/Bereavement boxes

To access, contact [jenny.corcoran@south-ayrshire.gov.uk](mailto:jenny.corcoran@south-ayrshire.gov.uk)

### LGBT Youth Scotland Worker

Self-referral

### Mind Moose

This is a whole-school initiative in select primary schools.

### Cognitive Behavioural Approaches

CBA available in school via trained staff.

### Three Sixty Ayr

Self-referral ([thethreesixty.org.uk](http://thethreesixty.org.uk))

### Barnardo's

For more information, contact the child's school.

### Befriending Service

Contact the befriending service at [info@bfriend.org.uk](mailto:info@bfriend.org.uk)

### Sleep Counselling Service

Contact Jacqui Ferguson ([jacqui.ferguson@south-ayrshire.gov.uk](mailto:jacqui.ferguson@south-ayrshire.gov.uk))

### LIAM

Through appropriate school staff, or school nursing.

### Champion's Board

Through [dawn.parker@south-ayrshire.gov.uk](mailto:dawn.parker@south-ayrshire.gov.uk)

## Specialist Services

### School nursing

Accessed through a generic request for assistance form/referral via a TAC.

### Play Therapy

RfAs for the Play Therapy service can be sent to [jenny.corcoran@south-ayrshire.gov.uk](mailto:jenny.corcoran@south-ayrshire.gov.uk)

### Educational Psychology Service

EPS accessed via request for assistance, which can be discussed with the link EP.

### Autism Outreach Team

Via request for assistance for managed by the IMG.

### Virtual School/Welfare Officers

Welfare officers for care-experienced young people accessed via request for assistance.

### Chestnut Cottage

Referrals to chestnut cottage are managed through the CAG (central allocations group).

### School Counselling service

Pupils may self-refer, or guidance/SMT staff may refer to the counsellor within their school.

### Speech & Language Therapy

Access to SLT managed through a request for assistance form.

### Womens Aid

For information, contact [support@sawamail.org.uk](mailto:support@sawamail.org.uk) or 01292 266482.

### Penumbra Suicide Bereavement Support

Children, young people & families bereaved by suicide can access this support by self referring to [suicidebereavementsupport@nhs.scot](mailto:suicidebereavementsupport@nhs.scot), they may also be referred by a third party.

## Specialist Services

### Learning & inclusion Team

Support accessible through request for assistance form.

### Penumbra Self-Harm Service

Young people can self refer via [this link](#), or third parties can refer a young person via [this link](#). For more info, contact [southayrshiresh@penumbra.org.uk](mailto:southayrshiresh@penumbra.org.uk)

### Penumbra SW Service

Young people are identified when presenting at A&E, RfAs can be sent to this [email](#).

### We are With You

Access general info online at [this link](#), or support by calling 01292 430529.

### Moving on Ayrshire

Access information, including locations of counselling hubs [here](#), or call 01292 290546.

### Home Link

Support from Home Link accessed via request for assistance.

## Enhanced Services

### CAMHS

Accessed through request for assistance (?).

### Social Work

Through referrals to the initial response team or child protection concerns.

### DBI

Individuals can be referred to DBI by partners in health (e.g. GPs), including NHS 24.