

Healthy Minds: Mental Health Awareness

Moray

Multi-Agency Guidance

For people supporting children and young people
with their mental health.

February 2019

Foreword

1. Introduction

- 1.1 Document aim
- 1.2 What is mental health?
- 1.3 Definition of a child or young person
- 1.4 Confidentiality and information sharing rights
- 1.5 Mental health as responsibility of all
- 1.6 Getting It Right for Every Child (GIRFEC)

2. Barriers in Mental Health

3. Mental Health in Children and Young People

- 3.1 Statistics
- 3.2 Risk and Protective Factors
- 3.3 What might indicate a mental health problem in children and young people?
- 3.4 All behaviour is communication, but is it a mental health problem?

4. Taking action

- 4.1 Tackling the culture of mental health
- 4.2 Looking after your own mental health
- 4.3 Why might it be hard for children and young people to ask for help?
- 4.4 Tips for talking to a young person about their mental health
- 4.5 Seeking additional support (GIRFEC Pathway)

5. Support

- 5.1 Services available to support children and young people in Moray
- 5.2 Training
- 5.3 Websites and resources

Appendix

Appendix 1: Mental Health and Wellbeing Supports for Children and Young People in Moray Service List

Appendix 2: Children and Young People Mental Health Resources List

Foreword

The Scottish Government is committed to creating a more successful Scotland with a thriving society that offers everyone the opportunity to reach their full potential.

Safeguarding children and young people, promoting their welfare and their mental wellbeing is a key part of that commitment and priority for Community Planning Partners across Grampian.

This multi-agency guidance aims to support staff across all partner services to provide a caring and appropriate response to children and young people experiencing emotional distress.

Children and young people's mental health is a priority for the Scottish Government. It is central to achieving its ambition for Scotland to be the best place in the world to grow up. The Scottish Government's mental health strategy focuses on early intervention and prevention.¹

All public services have an important role to play in supporting wellbeing and tackling the social and economic factors that contribute to mental health problems.²

This guidance document has developed from a long standing mental health awareness training initiative in Moray called Healthy Minds. The Moray Healthy Minds approach was piloted in 2005 in response to the publication of the Scottish Government's Children and Young People's Mental Health: A Framework for Promotion, Prevention and Care.³ The framework included a recommendation on promoting mental health awareness in schools to staff, pupils and parents. The introduction of the Curriculum for Excellence also emphasised health and wellbeing as a responsibility of all which was in line with the Healthy Minds approach.

¹ Mental Health Strategy: 2017 – 2027, Scottish Government, 2017.

² Children and young people's mental health, Audit Scotland, 2018, p.5 & p.8.

³ The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care, Scottish Executive, Edinburgh, 2005.

In 2017 two Mental Health Development Worker posts were created in Moray and were tasked with redesigning the preceding Healthy Minds training to meet the current needs of practitioners. Many of the original Healthy Minds resources and activities have been developed by NHS Grampian and The Glasgow School of Art into a downloadable resource pack which has links with the Curriculum for Excellence and is available through the following link - www.nhsgrampian.org/healthyminds (last accessed January 2019).

The learning outcomes for the current Healthy Minds: Mental Health Awareness training are:

- To identify concepts of mental health and mental illness
- To increase knowledge about how to identify mental health problems in children and young people
- To increase knowledge about mental health prevention, early intervention, support structures and signposting

This guidance document shares the same aims as the Healthy Minds: Mental Health Awareness training. It also sits alongside the Moray Multi-agency Guidance for People Working with Children and Young People at Risk of Self-harm⁴ and the Moray Multi-agency Guidance for People Working with Children and Young People at Risk of Suicide⁵ which have been drawn on throughout the creation of this document to ensure a similar structure and language.

This document has been created by the Mental Health Development Workers: Children and Young People – Clair Rochester and Amy Cowie.

⁴ Moray Multi-agency Guidance for People Working with Children and Young People at Risk of Self-harm, Moray Community Planning Partnership, 2018.

⁵ Moray Multi-agency Guidance for People Working with Children and Young People at Risk of Suicide, Moray Community Planning Partnership, 2018.

1. Introduction

1.1 Document aim

The aim of this guidance document is to raise awareness of mental health and resources available in Moray so that those working with children and young people feel more confident in supporting children and young people with their mental health and to signpost onto additional services if needed.

1.2 What is mental health?

The terminology around mental health can sometimes be confusing. To make things clearer, NHS Health Scotland conducted a research study and defined **mental health** as an umbrella term encompassing **mental wellbeing** and **mental health problems** (which includes mental illness) (Figure 1).⁶

Mental health problems are defined by NHS Health Scotland as:

“symptoms that meet the criteria for clinical problems: diagnosis of mental illness, or symptoms at a subclinical threshold which interfere with emotional, cognitive or social function.”

A mental illness is defined as symptoms that are persistent, severe, interfere with everyday life and meet criteria for a clinical diagnosis. These may include: Clinical Depression, Bipolar Disorder, Anxiety Disorders, Eating Disorders and Psychotic Disorders.

Mental wellbeing can be harder to define, but is often thought of as how well we feel and how well we feel things are going. The definition of mental health provided by the World Health Organisation (WHO) captures mental wellbeing:

⁶ Mental Health Improvement Group, Mental Health Improvement Terminology and Working Understandings, NHS Health Scotland, 2010.

“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”⁷

(World Health Organisation)

Mental Health



Figure 1: Mental health as an umbrella term encompassing mental wellbeing and mental health problems.

Viewing **mental health** as an umbrella term which includes mental wellbeing and mental health problems helps us to consider that we all have mental health and this can fluctuate in all of us.

The ‘Dual Continuum Model of Mental Health’ is another way of depicting this (Figure 2, adapted from Tudor 1996).⁸ The model shows mental health as composed of mental wellbeing and mental health problems, and not as a fixed state but on a continuum. The model also demonstrates that we can have maximum mental wellbeing while having maximum mental health problems (if the mental health problem is managed well) and vice versa.

⁷ Mental Health – A State of Wellbeing, World Health Organisation, 2014, http://www.who.int/features/factfiles/mental_health/en/ (last accessed October 2018)

⁸ Keith Tudor, Mental Health Promotion: Paradigms and Practice, Psychology Press, 1996.

Perhaps it helps to think of this in terms of physical illness, for example, someone might have a diagnosed physical illness such as diabetes, but have good physical wellbeing as they manage their diabetes well and are able to live a satisfying, meaningful life. This is the same for mental health, someone can have a diagnosed mental illness such as Bipolar Disorder but can have high levels of mental wellbeing if it is managed well.

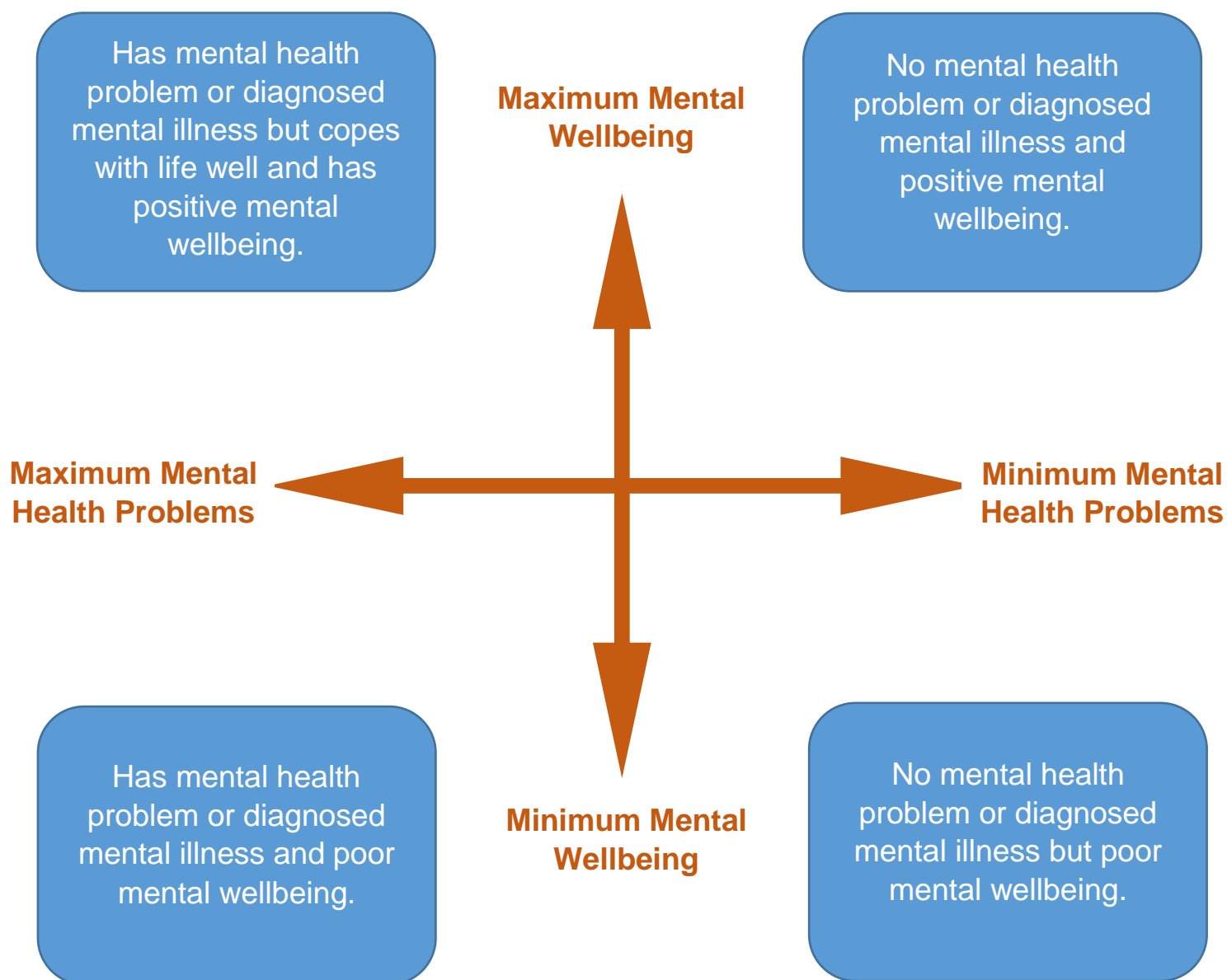


Figure 2: Dual Continuum Model of Mental Health. Adapted from Tudor 1996.

1.3 Definition of a child or young person

There are a number of different definitions of a 'child' in Scottish legislation. The United Nations Convention on the Rights of a Child Framework defines a child as being under 18 years of age.⁹ For the purpose of this document, references to 'children' and/or 'young people' includes all those under 18 years of age.

1.4 Confidentiality and information sharing rights

There is no minimum age in Scotland in terms of legal capacity to consent to medical treatment and so it is legal for a young person under 16 to approach and use support and health services.

There is less clarity, however, about when a young person is deemed to be 'competent' to make their own decisions and seek out services, and worries about whether adequate efforts have been made to encourage under 16s to involve their parent(s) in the issues or decisions which they are facing.

Staff should adhere to their own service/organisational guidelines regarding information sharing and confidentiality, and the need to be GIRFEC (Getting it Right for Every Child) compliant.

The child or young person must be involved wherever possible and consulted on their views.

Staff should always take age and understanding into account when involving children and young people in discussion and decision making about their life, treatment and care.

There should be clear explanations about what is going to happen and the choice and rationale for certain courses of action.

⁹ The United Nations Convention on the Rights of the Child, UNICEF, 1989.

Information given to staff by the young person should not be shared with others without the person's permission, except in exceptional circumstances.

Such exceptional circumstances include when:

- A child is not old enough or competent enough to take responsibility for him/herself.
- Urgent medical treatment is required.
- The safety and wellbeing of a child or young person is at risk or there is the possibility of harm to others (for example, child protection or suicide).
- There is serious risk to public health.
- There is a statute or court order in place.
- There is the need of prevention, detection or prosecution of a serious crime.

If there is reasonable professional concern that a child may be at risk of harm this will always override a professional or agency requirement to keep information confidential. Staff should tell young people when they may have to share information without their consent.

1.5 Mental health is the 'responsibility of all'

One of the main priorities in local and national policies relating to mental health (examples in Figure 3) focuses on the prevention and early intervention of mental health problems in children and young people. Mental health is the 'responsibility of all'. We all have a duty to meet the mental health needs of children and young people. This does not mean that we all need to be mental health specialists providing specialist interventions, but we all need to be aware of mental health, endeavour to support children and young people within our working remits and to seek additional support if needed.



Figure 3: Local and national policies relating to mental health.

1.6 Getting it Right for Every Child (GIRFEC)

The Getting it Right for Every Child National Practice Model can be used in a single agency or multiagency context to assess risk and protective factors. It provides a framework for practitioners and agencies to structure and analyse information consistently so as to understand a child or young person's needs, the strengths and pressures on them and consider what support they might need.

National Practice Model

The GIRFEC National Practice Model (Figure 4) also defines needs and risks as two sides of the same coin. It promotes the participation of children, young people and their families in gathering information and making decisions as central to assessing, planning and taking action.

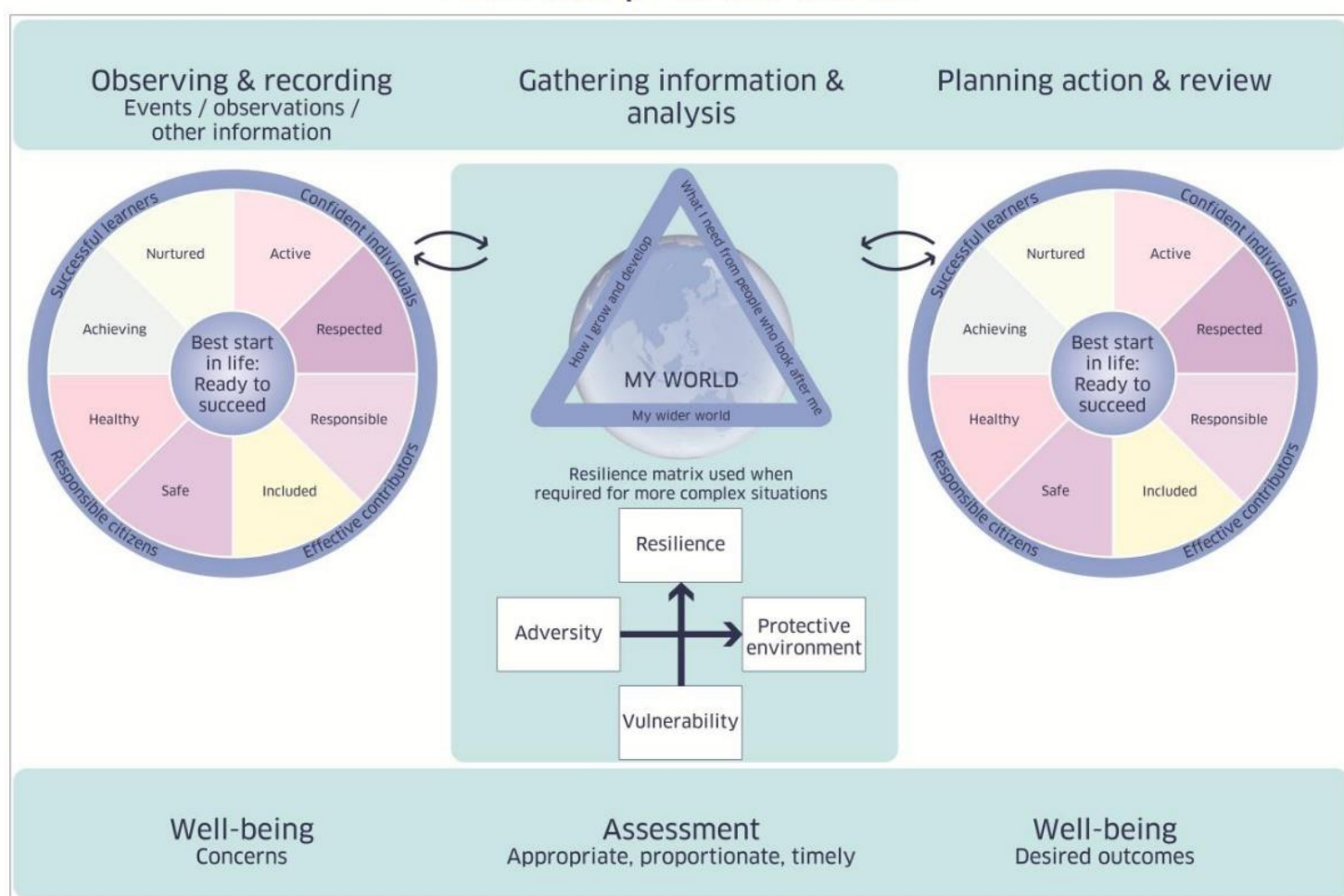
It provides a shared understanding of a child or young person's needs by identifying concerns that may need to be addressed. The National Practice Model is a dynamic and evolving process of assessment, analysis, action and review, and a way to identify outcomes and solutions for individual children or young people.

It is a way for all agencies and workers who support children, young people and their families to begin to develop a common language within a single framework, enabling more effective inter and intra-agency working.

For more information on GIRFEC please see: The Scottish Government, Getting it Right for Every Child (GIRFEC) - <https://www.gov.scot/policies/girfec/> (last accessed January 2019).

Figure 4: GIRFEC National Practice Model.

National practice model



2. Barriers in mental health

Often mental health is thought of only in terms of mental illness. This can lead to the idea that mental health is something that not everyone experiences.

Although we don't all experience mental illness we do all have mental health. We all have emotions and experience fluctuations in our mental state. Not viewing mental health as something we can all relate to can increase misunderstanding, stigma and isolation. This can contribute to a fear of talking about mental health and can result in people experiencing problems with their mental health feeling ashamed, judged or as though they might be seen as weak and unable to cope. It can also make it difficult for people to feel able to support someone else who is experiencing problems with their mental health. This is because they may feel they don't know how to help or worried that they might make the problem worse.

In the downloadable Healthy Minds Resource Pack (www.nhsgrampian.org/healthyminds, last accessed January 2019) there is an exercise called 'What do you think?' which contains some controversial views about mental health that can initiate discussions with young people and adults.

Some myths about mental health can include:

- **'Very few people have problems with their mental health'** – Although few people are clinically diagnosed with a mental illness many people will experience a mental health problem at some point in their lives. One of the Health and Wellbeing Experiences and Outcomes in Curriculum for Excellence states that young people should learn "I know it is not always possible to enjoy good mental health and that if this happens there is support available." (HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a).¹⁰

¹⁰ Curriculum for Excellence: Health and Wellbeing Experiences and Outcomes, Education Scotland, 2010.

‘A mentally healthy person is always happy’ – It is normal to experience a range of emotions in response to everyday events and challenges. Feeling negative emotions does not necessarily mean you have a mental health problem. Likewise the Dual Continuum Model of Mental Health helps us to understand that people with mental health problems can have maximum mental wellbeing and be happy.¹¹

‘People with mental health problems only have themselves to blame’ – A number of factors contribute to the development of mental health problems. The Biopsychosocial Model helps to consider mental health within the context of social, biological and psychological factors.¹² Recently there has been a lot of research on Adverse Childhood Experiences (ACEs) and the impact that they can have on mental health, for more information see: Adverse Childhood Experiences (ACEs), NHS Health Scotland - www.healthscotland.scot/population-groups/children/adverse-childhood-experiences (last accessed January 2019).

‘People with a mental illness are dangerous’ – This idea can be exacerbated by the media, which can link people with mental illness to violence and crime.¹³ Any risk to self and others can be managed when people with a mental illness develop good coping skills, receive appropriate support, treatment and intervention.

‘People with mental health problems don’t get better’ – As shown on the Dual Continuum Model of Mental Health anyone experiencing a mental health problem can achieve good mental wellbeing and live a meaningful and satisfying life.¹⁴ For more information on recovery visit the Scottish Recovery Network - <https://www.scottishrecovery.net/> (last accessed January 2019).

¹¹ Keith Tudor, *Mental Health Promotion: Paradigms and Practice*, Psychology Press, 1996.

¹² George L. Engel, The need for a new medical model: a challenge for biomedicine, *Science*. 1977; 196:129 –36.

¹³ Stigma and Discrimination, Mental Health Foundation, <https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination> (last accessed October 2018).

¹⁴ Keith Tudor, *Mental Health Promotion: Paradigms and Practice*, Psychology Press, 1996.

3. Mental health in children and young people

3.1 Statistics

Recent statistics report that **one in eight (12.8%)** of 5-19 year olds in England had at least one diagnosed mental illness when assessed in 2017.¹⁵ Further statistics from the Mental Health Foundation include:¹⁶

20% of adolescents may experience a mental health problem in any given year.

50% of mental health problems established by age 14 and **75%** by age 24.

70% have not had appropriate interventions at a sufficiently early age.

What is considered an appropriate intervention will differ depending on the circumstance. It is important to consider the child or young person's situation holistically (including social, biological, and psychological factors) to assess their needs.

- Early intervention is about noticing changes in presentation, spending time with a child or young person, actively listening to their concerns and signposting to other supports if needed.
- Additional support could be from those such as the child or young person's school, family, General Practitioner, Social Work, Paediatrics, Educational Psychology and Youth Work etc. If a mental health problem is moderate to severe, specialist Child and Adolescent Mental Health Services (CAMHS) might be the appropriate intervention.

¹⁵ Mental Health of Children and Young People in England, 2017 Summary of key findings, NHS Digital, 2018, p.7.

¹⁶ Mental Health Statistics: Children and Young People, Mental Health Foundation, <https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people> (last accessed October 2018).

Providing appropriate intervention and signposting is discussed further in section 4.5 of this guidance document.

3.2 Risk and Protective Factors

Anyone can develop a mental health problem at any time in their lives.

Risk Factors

Risk factors increase the likelihood of developing a mental health problem. These can be a range of biological, psychological and social factors. Examples of risk factors for poor mental health in children and young people are shown in figure 5.

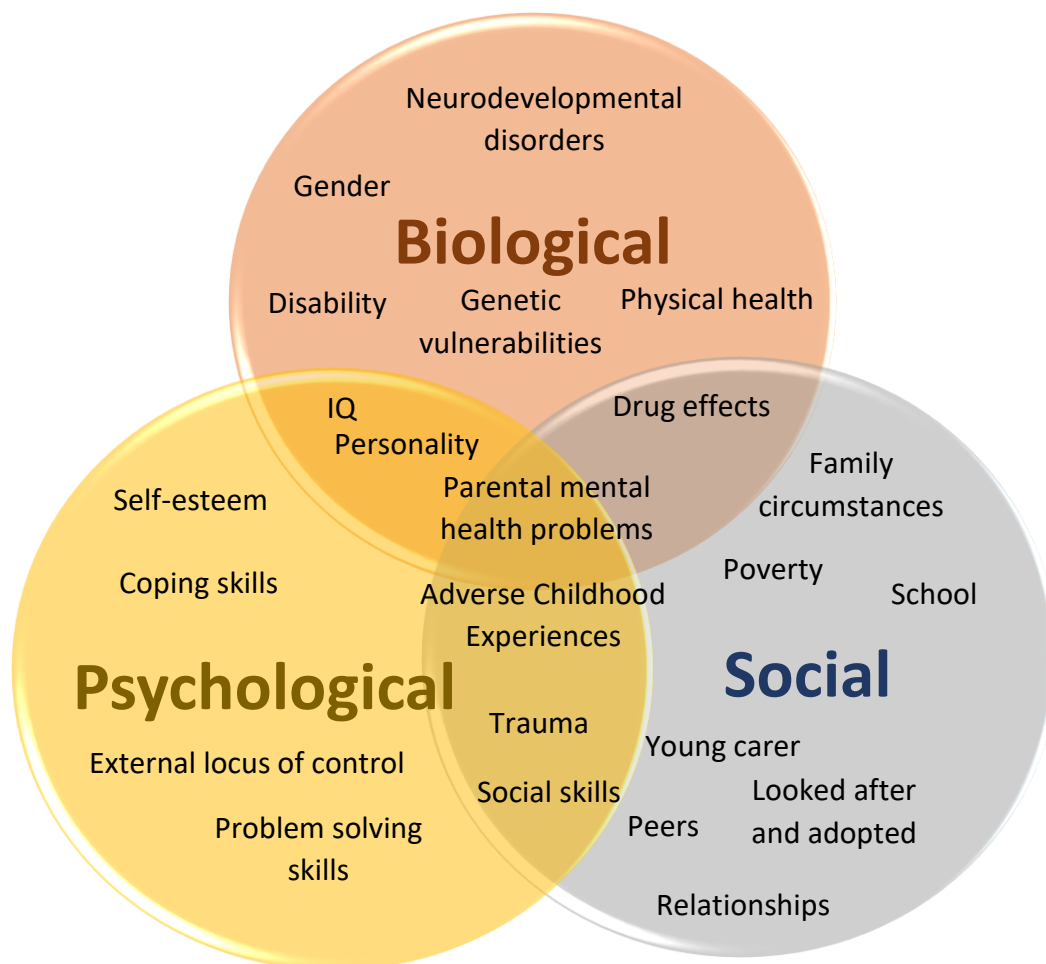


Figure 5: Examples of risk factors for poor mental health in children and young people.

Protective Factors

Protective factors reduce the likelihood of developing a mental health problem. Often these are the opposite of risk factors. Examples of protective factors are displayed in figure 6.

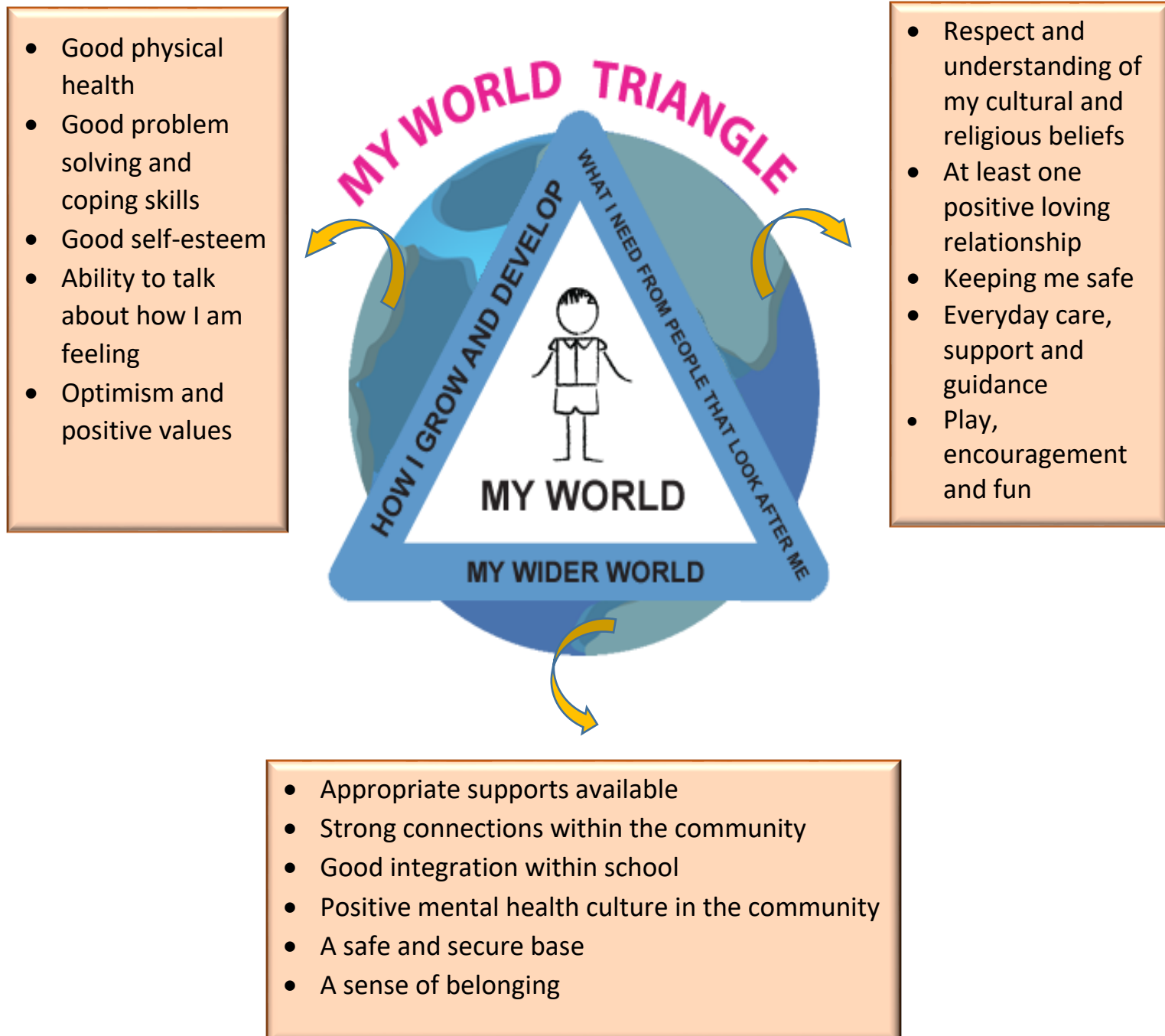


Figure 6: Protective factors for children and young people's mental health.

Wellbeing is individualised

Different risk and protective factors will interact and contribute for different people, meaning that wellbeing is individualised. Figure 7 depicts this by demonstrating that different resources (protective factors) and challenges (risks) in a child or young person's life will influence their wellbeing. If their challenges outweigh their resources they are more at risk of having poor mental health whereas if their resources are plentiful the risk is reduced.

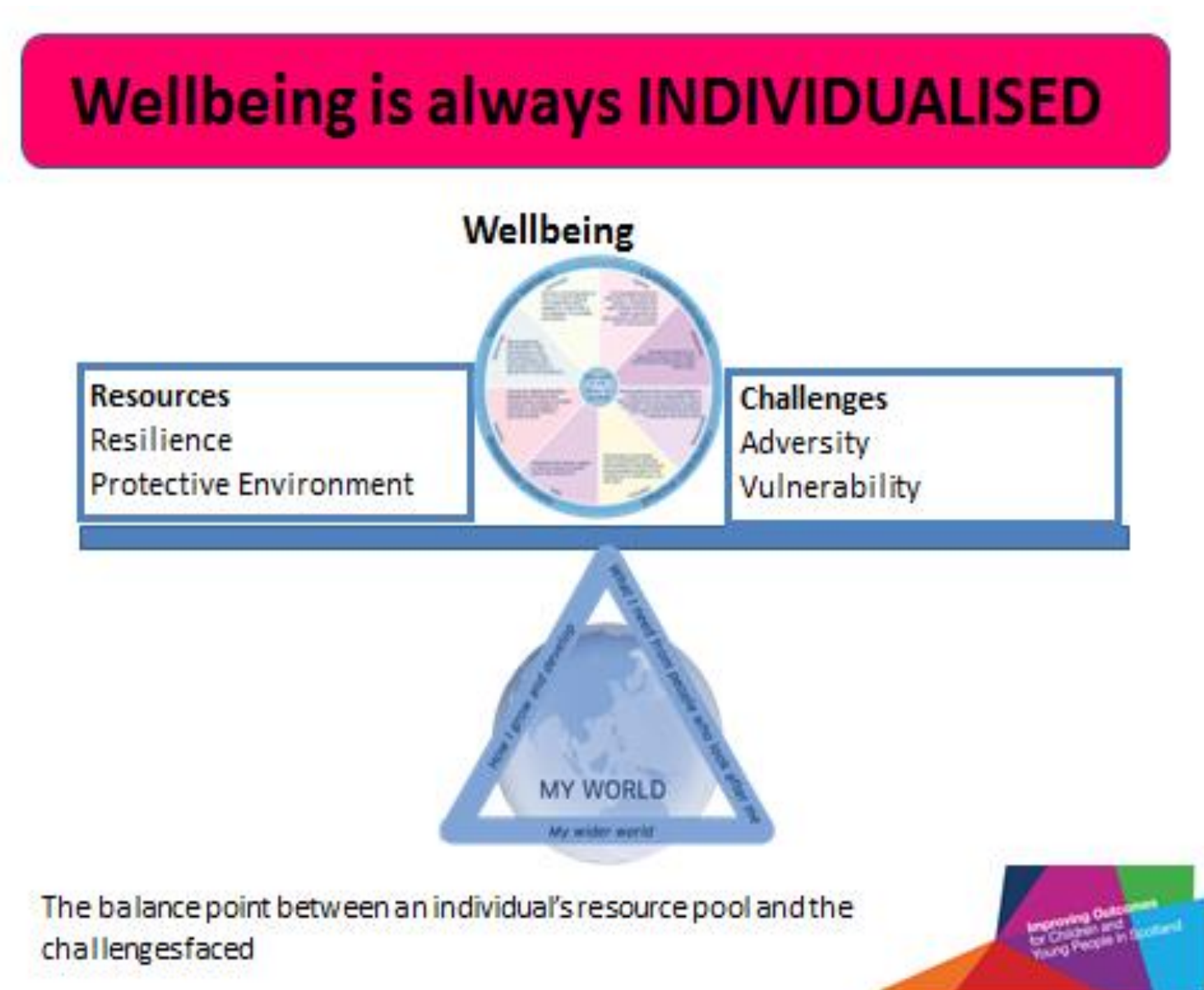


Figure 7: Interaction between a child and young person's resources, challenges and wellbeing.

3.3 What might indicate a mental health problem in children in young people?

Concerns about a child or young person's mental health may arise if there are significant changes in their behaviour and presentation. Figure 8 shows some examples of possible indicators of a mental health problem in children and young people.



Figure 8: Examples of behaviours which might indicate a mental health problem in a child or young person.

3.4 All behaviour is communication, but is it a mental health problem?

Although the behaviours and presentations above might indicate a mental health problem, it is important to consider there may be other causes. It is important to consider a child or young person and their circumstances holistically.

Some examples of other causes might be:

- Developmental stage e.g. puberty
- Family, friends or social circumstances e.g. bullying, young carer, bereavement
- Neurodevelopmental delay and disorder e.g. Autistic Spectrum Disorder
- Physical health problem e.g. chronic pain

4. Taking action

4.1 Tackling the culture of mental health

Tackling the culture of mental health is not an easy task, but everyone can play a part. We can challenge the stigma associated with mental health in a number of ways, some examples are:

- Learning, teaching and promoting mental health awareness
- Listening to how people are feeling and providing support
- Being open to talking about mental health
- Promoting positive mental health in yourself and others
- Staff mental health initiatives
- Embedding mental health strategies within the workplace

4.2 Looking after your own mental health

It is important that we look after our own mental health. Figure 9 shows ten evidence based top tips for promoting positive mental health. These tips were selected and the icons designed by NHS Grampian, The Glasgow School of Art and pupils from Forres Academy. Some Secondary Schools in Moray have designed a poster including these tips, for an example see The Glasgow School of Art Poster on - http://www.moray.gov.uk/moray_standard/page_117484.html (last accessed January 2019).



Figure 9: Ten evidence based top tips for promoting positive mental health.

Another tip not listed above is to sleep well. Sleep is extremely important for our physical and mental health. Below is a diagram from the National Sleep Foundation detailing the hours of sleep recommended per night for different age groups (Figure 10).

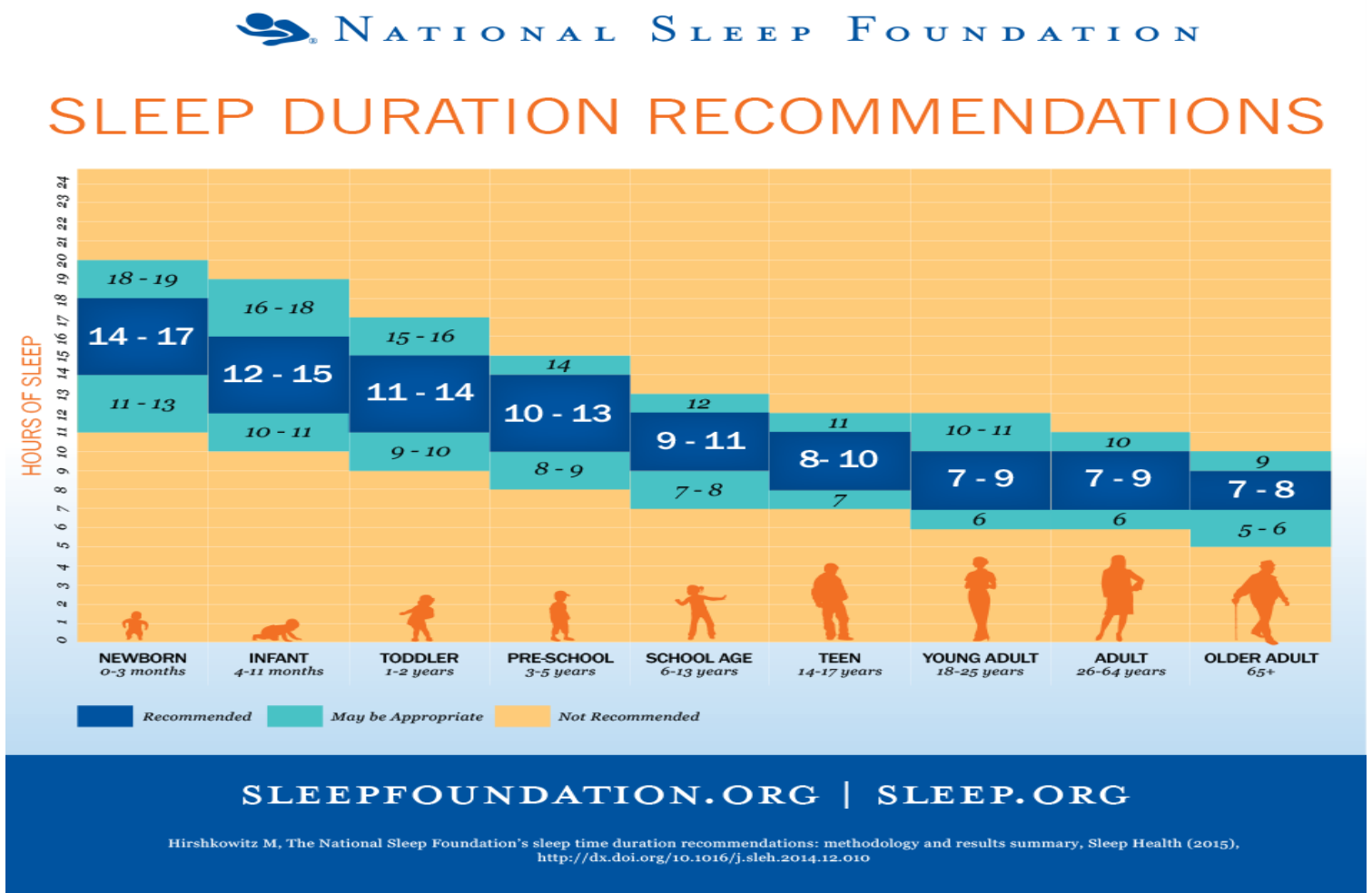


Figure 10: Hours of sleep recommended per night for different age group by the National Sleep Foundation.

4.4 Why might it be difficult for children and young people to ask for help?

I don't know how to talk about this...

People might blame me and say it's my fault...

I'm confused. I don't know how I feel...

People will say nasty things about me...

People might say it is rubbish and I'm being silly...

People might not like me or love me anymore...

People might not keep what I tell them private...

I don't know who to talk to...

I don't want to be a burden...

I feel embarrassed...

In their 2016 'Our Generation's Epidemic' research The Scottish Youth Parliament found that:¹⁷

- 74% of young people did not know what mental health information, support and services are available in their local area.
- Young people feel that there is a range of barriers to talking openly about mental health, including embarrassment, fear of being judged, and a lack of understanding about mental health.
- One in five young people do not know where to go for advice and support for a mental health problem.
- 27% of young people do not feel supported to talk about mental health in their school, college, university, or workplace.

4.4 Tips for talking to a child or young person about their mental health

Talking to a child or young person about their mental health can be easier when conversations about mental health are made to be a normal part of everyday life. It can often be easier to talk about how we are feeling whilst doing something else at the same time for example: going for a walk, sitting in the car, playing a game etc. Below are some tips for talking to a child or young person about their mental health. These have been adapted from the guidance document 'Supporting Young People: A guide for all staff – Promoting Emotional and Mental Wellbeing' published by The City of Edinburgh Council.¹⁸

¹⁷ Our generation's epidemic: Young people's awareness and experience of mental health information, support, and services, Scottish Youth Parliament, 2016.

¹⁸ Patricia Santelices, Molly Page and Jen Drummond, Supporting Young People: A guide for all staff – Promoting Emotional and Mental Wellbeing, The City of Edinburgh Council, 2015.



1. Notice

Let them know you've noticed them and ask them if they are OK. Even if they don't want to talk, they may feel that someone cares enough to ask.



2. Listen

Actively listen to the young person. Listen non-judgementally, give your full attention, validate what they say and reflect back what you hear in an empathic way. Notice body language.



3. Question

Try not to offer solutions, instead try to ask open ended questions such as "How was your day?" or "What do you think might help?" and use phrases such as "I wonder" or "I've noticed".



4. Sum up

Summarise what they have said to ensure you have understood. Give reassurance that it's not their fault and things can get better. Acknowledge that it can be difficult to speak out.



5. Next Steps

Be clear about what you can and need to do within your role. If appropriate pass relevant information on to those who need to know. Consider signposting.

It can sometimes be hard to put feelings into words. Creative approaches might help the child or young person to explore and express their feelings. Creative approaches may include storybooks, play, art, drama, role play, music and dance. Some resources include the use of a worry monster, emotion flashcards and mindfulness.

Use the 5 GIFEC Questions as a tool to help you think about the child or young person's situation, the information you need and what supports might be appropriate (Figure 11).

Five GIRFEC Questions

- **What is getting in the way of this child's or young person's well-being?**
- **Do I have all the information I need to help this child and young person?**
- **What can I do now to help this child and young person?**
- **What can my agency do to help this child or young person?**
- **What additional help, if any, may be needed from others?**

Figure 11: The five GIRFEC questions.

4.5 Seeking additional support (GIRFEC Pathway, Stages of Intervention)

The diagram below illustrates stages of intervention when supporting children and young people with their mental health in Moray (Figure 12). When considering a child or young person's mental health needs, you must work through the staged intervention process. If universal services are not able to meet the need then additional supports within universal services are required. If the needs are still not met then more targeted supports are required. Child and Adolescent Mental Health Services (CAMHS) may be required when there is evidence of a mental health problem which is resulting in persistent psychological distress, the impairment of functioning and/or a risk of serious harm to self or others. For guidance on referring to CAMHS in Grampian see - <http://www.moray.gov.uk/downloads/file120801.pdf> (last accessed January 2019).

It is important to highlight that mental health is not a fixed state and children and young people might require different levels of support at the same or at different times. For example, a child who is receiving targeted interventions from a service such as CAMHS will also require support from their school.

5. Support

5.1 Services available to support children and young people in Moray

Figure 13 contains examples of services a child or young person might access in Moray. Further information on local services which may support children and young people with their mental health can be found in Appendix 1. Please note these lists are not exhaustive and subject to change. Additionally, The Scottish Family Information Service (<https://www.families.scot/LocalChis.aspx?chisid=18>), Scotland's Service Directory (<https://www.nhsinform.scot/scotlands-service-directory>) and ALISS– A Local Information System for Scotland (<https://www.aliss.org/>) are online databases containing information on local supports (last accessed January 2019).

Map of supports for children and young people's mental health used in Mental Health Development Worker's Healthy Minds: Mental Health Awareness Training.

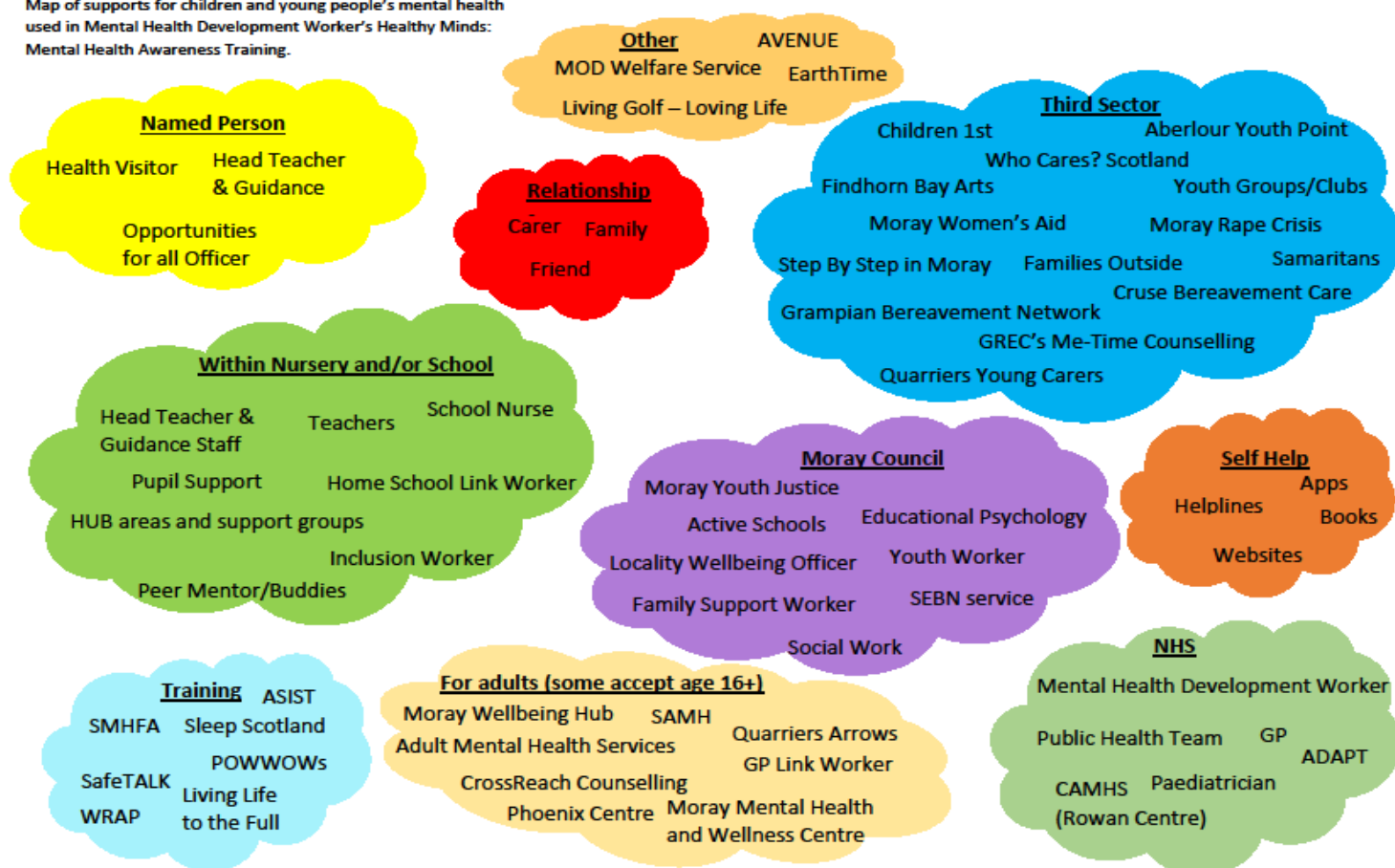


Figure 13: Examples of supports available in Moray to support children and young people with their mental health.

5.2 Training

What is the training?	Who is the training aimed at? Is it open to anyone?	Learning outcomes (What do you hope to achieve from the training?)	Where to find more information?	Brief outline of programme
Nationally accredited training				
Scottish Mental Health First Aid: Young People (SMHFA:YP)	Course open to anyone, although it is aimed at those working with young people between the ages 11 & 17.	SMHFA:YP is a 14-hour blended course designed to teach a better understanding of mental health and how it affects young people, as well as to learn mental health first aid skills such as: *how to recognise the signs of mental health problems or distress * how to ask about mental distress * how to provide initial support * how to guide a person towards appropriate professional help. The course aims to show how mental health first aid can be applied in a crisis situation involving a range of common mental health problems, such as depression, anxiety, eating disorders, self-harm and substance misuse and aims to provide confidence to ask about suicide.	Moray Learning and Development Group and Gateway	Pre course online unit, one day face to face group session with a trainer and a post course online unit and reflective exercise.
Scottish Mental Health First Aid (SMHFA)	This course is open to those ages 16 years old and above.	This is a 12 hour face to face training, which can be delivered over 2 days or as shorter sessions over more days. It offers general information about mental health problems and aims to help remove stigma and fear about mental health. It aims to give confidence in approaching a person in distress as an initial response to a crisis until additional or professional help can be found.	Moray Wellbeing Hub	12 hours (2 days)
safeTALK	The course is open to anyone.	safeTALK is a four hour session which aims to teach participants to recognise someone at risk of suicide and to connect them to suicide intervention resources.	Moray Council Corporate Training Team / CLIVE	Four hour session

Training specifically developed and delivered in Moray

Healthy Minds: Mental Health Awareness (There is also a version available for Early Years Practitioners)	The course is open to anyone who works with children and young people.	'Healthy Minds' is a four hour session exploring the relevance of mental health for everyone. It will explore factors contributing to poor mental health in children and young people and how universal services can support in mental health prevention and early intervention. The training aims to increase awareness of mental health support, resources, and signposting available in Moray.	Moray Learning and Development Group and Gateway	Four hour session
Helping children and young people cope with anxiety	The course is open to anyone who works with children and young people.	This four hour training focuses on what anxiety is, how we can identify it and what we can all do to help children and young people experiencing it. It aims to give universal service practitioners more confidence, resources and strategies for managing anxiety.	NHS Grampian: Mental Health Development Workers and Educational Psychology. Dates are on Gateway and circulated through Locality Networks.	Four hour session
Mental Health Awareness	The course is open to anyone.	This is a one-day course designed to dispel some myths and promote constructive and respectful discussion about mental health and mental distress. By so doing it works to reduce stigma and encourage supportive responses to people experiencing mental distress or illness.	Moray Council Corporate Training Team / CLIVE	One day session
Self-Harm Awareness (1/2 day, Penumbra Accredited)	The course is open to anyone.	Self-harm encompasses a range of behaviours which can occur among the users of many of the services provided by Moray Council and its partners. Throughout the council we have found the people can often be concerned about how to recognise it, how (or if) they should respond to it, and how they might help.	Moray Council Corporate Training Team / CLIVE	Three hour session
SIPP: Suicide Intervention Prevention Programme	The course is open to anyone who works with children and young people.	Initially developed by NHS Tayside, this half day training aims to raise awareness of suicide. It aims to enhance participants' ability to recognise a person at risk of suicide, to ask about suicide and to provide support. It also raises awareness of available services and resources.	Moray Wellbeing Hub	Four hour session

An introduction to using Mindfulness with children and young people	Education staff	This 1.5 hour twilight session aims to develop understanding, knowledge and skills in using mindfulness with children and young people The training describes the benefits of mindfulness on learning and behaviour and the practical applications of mindfulness with children that can be used in the classroom and at home.	Educational Psychology. Book on Gateway	1.5 hour twilight session
Not too young to grieve	Education staff working with Nursery & Primary 1	This 1.5 hour twilight aims to increase awareness of the issues surrounding bereavement in young children. It aims to enhance confidence to support bereaved children and their parents or carers and to signpost for additional help.	Educational Psychology. Book on Gateway	1.5 hour twilight session
Free on-line training				
Understanding Young Minds: Talking about mental resilience and Self Harm	The course is open to anyone who works with children and young people and parents.	This free online course has been designed in partnership with SelfharmUK to help parents talk about the issue of self-harm with their children. It aims to raise awareness of what self-harm is and what makes young people vulnerable to self-harming behaviour. It helps to understand how to support a young person who is self-harming.	www.virtual-college.co.uk/resources/free-courses/understanding-young-minds	N/A
MindEd: e-learning to support healthy minds	Free educational resource on children and young people's mental health for all adults.	Free online courses on various mental health issues.	www.minded.org.uk	N/A
Future Learn: e-learning from Universities and specialists organisations	Open to anyone	Free online courses on various mental health issues.	www.futurelearn.com	N/A

5.3 Websites and Resources

A list of books, websites and resources relating to children and young people's mental health can be found in Appendix 2.

Appendix 1.

This list is not exhaustive and is only up to date as from January 2019. Please contact the services directly to confirm up-to-date accuracy of this information.

Additionally, The Scottish Family Information Service (<https://www.families.scot/LocalChis.aspx?chisid=18>), Scotland's Service Directory (<https://www.nhsinform.scot/scotlands-service-directory>) and ALISS – A Local Information System for Scotland (<https://www.aliss.org/>) are online databases containing information on local supports (all last accessed January 2019).

Moray services for children and young people supporting mental health

Concerned about a child or young person's mental health?
What to do first...

Firstly, in many cases, it is helpful to discuss your concerns with the **General Practitioner** (GP), who may be able to provide information and advice about further support available.




















In addition, you should contact the **Named Person** who is a professional available to listen, advise and help by providing support and signposting. The named person usually is:
























- 0-5 years: Health Visitor
- Primary School: Head Teacher or Depute Head Teacher
- Secondary School: Guidance Teacher
- 16-18 not in education: Opportunities for All Officer






















Professionals that can support a child or young person's wellbeing are as follows:


























- School Nurse
- Home School Link Worker
- Youth Worker
- Inclusion Worker
- College Guidance Teacher






















If a child or young person's needs cannot be met fully by those noted above, additional support services and targeted interventions are available.

Service	Age	Service provides	Referral requirements	Contact details
The Rowan Centre – Child and Adolescent Mental Health Service (CAMHS) 	All children and young people.	Specialist multidisciplinary mental health service offering psychological therapies and consultation for tier 3 and 4 mental health problems. For consultation and advice you can contact the service and speak to the Consultation, Advice and Liaison in Moray (CALM) clinician on duty.	Referral through Primary Care Clinicians and other services working with children and young people.	 The Glassgreen Centre, 2 Thornhill Drive, Elgin  01343 553111  nhsg.rowancentre@nhs.net
Educational Psychology Service 	All children and young people.	Work with parents/carers, school staff and other professionals to help children and young people make the most of their education and to reduce the barriers to learning that they may face.	Referral through school or parents/carers can contact service directly.	 Beechbrae Centre, Duffus Road, Elgin  01343 550999  educ_psychology@moray.gov.uk
Moray SEBN Service 	All children and young people.	A Moray wide service offering support with social, emotional and behavioural needs. ➤ Partnership work with schools. ➤ Health and wellbeing focus. ➤ Targeted and time limited interventions.	Referral through school only.	 Beechbrae Centre, Duffus Road, Elgin  01343 557914  admin.sebn@moray-edunet.gov.uk
Social Work 	All children and young people.	Assessment, family support and child protection. Children Service Workers and Family Support Workers are also part of the Social Work Team and can support vulnerable families and children within their homes.	Referral through Team Around The Child. Anyone can report child protection concerns.	 Triage Team: 01343 563900
Children 1st 	All children and young people.	➤ Forces Family Service – trauma-informed support for families. ➤ Stronger Safer Families - Support for families who have experienced domestic violence, neglect or abuse. ➤ Advocacy service. ➤ Parentline – confidential helpline for anyone concerned about a child.	Self-referral or referral through services working with children and young people.	 Highfield House Annexe, Northfield Terrace, Elgin  01343 564170; Parentline - 08000 282233  moray@children1st.org.uk  www.children1st.org.uk

Service	Age	Service provides	Referral requirements	Contact details
	All children and young people.	24 hour helpline. To visit your local Samaritans you can arrange an appointment through the local telephone number.	Self-referral.	 21 Greyfriars Street, Elgin  01343 543000; 24 Hour Helpline - 116 123  jo@samaritans.org  www.samaritans.org
	All children and young people.	Offers support to women and children experiencing domestic abuse/violence.	Self-referral if 13+ years old or referral through services working with families.	 57a Marleon Field, Silvercrest, Elgin  01343 548549  admin@mwaelgin.co.uk  www.mwaelgin.co.uk
	8-17 year olds.	➤ Support for young carers.	Self-referral or referral through services working with children and young people.	 44 High Street, Elgin  01343 556031  carersmoray@quarriers.org.uk  www.quarriers.org.uk
	Family members of any age. 16+ years for 1:1 support.	➤ Support for family members and loved ones with family or friend who has drug or alcohol addiction. ➤ Support for individuals aged 16+ years with drug and alcohol addiction.	Self-referral or referral through services working with children and young people.	 23 High Street, Elgin  01343 610 500/ 07812 228547  arrows@quarriers.org.uk  www.quarriers.org.uk
	All children and young people.	Receive support and information online, through the telephone helpline or via email.	Self-referral.	 0800 1111  www.childline.org.uk

Service	Age	Service provides	Referral requirements	Contact details
Moray Rape Crisis – Sexual Abuse & Trauma Service 	11+ years.	Therapeutic support and advocacy to anyone 11 years old and over, of any gender, who have experienced sexual violence at any time in their lives.	Self-referral or referral through other agencies.	 01343 550407/07384 468636  contact@morayrapecrisis.scot  www.morayrapecrisis.scot
Aberlour Youth Point 	12-18 year old for Intensive Community Support Service. 12-25 year olds for Mentoring Service.	Service for disadvantaged, excluded and vulnerable young people and their families. ➤ Intensive Community Support Service includes 1:1 and/or group work and parenting groups. ➤ Mentoring Service includes 1:1 and/or group work from an adult or peer mentor.	Intensive Service: referral through Social Work only. Mentoring Service: self-referral or referral through services working with children and young people.	 7 Parade Spur South, Pinefield Industrial Estate, Elgin  01343 546214  morayyouth@aberlour.org.uk  www.aberlour.org.uk
Cruse Bereavement Care 	All children and young people.	Bereavement support, information and counselling.	Self-referral or referral through services working with children and young people.	 08456 002227  support@crusecotland.org.uk  www.crusecotland.org.uk
Grampian Child Bereavement Network 	All children and young people.	Resources, advice and information around bereavement. Family support and direct work with children and young people is offered through their Responder Service.	Self-referral or referral through services working with children and young people.	 01224 594099  gcbn@mhaberdeen.org.uk  www.gcbn.org.uk
GREC's Me-Time Counselling 	All children and young people.	Counselling for children and young people experiencing prejudice and discrimination. Counselling will take place in school.	Self-referral or referral through services working with children and young people.	 01224 595505/ 07771 848396  mthomson@grec.co.uk  www.grec.co.uk

Service	Age	Service provides	Referral requirements	Contact details
Findhorn Bay Arts - In The Mix 	10-25 year olds.	Creative therapeutic projects - 1:1 or groups for young people who are experiencing isolation, out of work or school, at risk of offending or living in rural pockets of deprivation.	Referral through services working with children and young people.	 86 High Street, Forbes  01309 673137  projects@findhornbayarts.com  @inthemixmoray
Who Cares? Scotland 	All children and young people.	Support for care experienced children and young people: advocacy, groups, activities and events.	Self-referral or referral through services working with children.	 0141 226 4441  hello@whocaresScotland.org  www.whocaresScotland.org
MOD Welfare Service 	All children and young people and MOD families.	<ul style="list-style-type: none"> ➤ Support and advice for MOD families. ➤ Signposting to 'Health Assured' - counselling service for MOD families, children and young people 	Self-referral. Referral through MOD Welfare Service for 'Health Assured' Counselling	 29 Portal Road, Kinloss  01309 691 148  AWS-Welfareinformation@mod.uk
Families Outside 	All children and young people/family support.	Support for the families of people involved in the criminal justice system.	Referral through Social Work, Prison Staff or services working with children.	 0800 254 0088  support@familiesoutside.org.uk  www.familiesoutside.org.uk
Moray Youth Justice 	8-18 year olds.	Works with young offenders to reduce youth offending. The team also provide an Intensive Support and Monitoring Service.	Referral through the Children's Reporter and the Young Offenders Review Group.	 Beechbrae Centre, Duffus Road, Elgin  01343 557922  youthjustice.admin@moray.gov.uk
Sleep Scotland 	18 month - 18 year olds.	Free telephone support line to parents and carers struggling with their children's and teenager's sleep problems.	N/A	 0800 138 6565 (Mon-Thurs 10am-4pm)  sleepscotland@sleepscotland.org  www.sleepscotland.org

Service	Age	Service provides	Referral requirements	Contact details
ADAPT 	18month – 18 year olds.	Autism Diagnosis Assessment Pathway Team for autism assessment and diagnosis.	Referral through parents and services working with children.	 01343 567167  heather.mustard@nhs.net
Step by Step Moray 	Children aged 3 years old and under and their parents.	A parent, baby and toddler group designed for isolated or vulnerable families with young children.	Self-referral.	 Winchester House, 1 King, Elgin  01343 544628  www.stepsmoray.org
CrossReach Counselling 	16+ years.	1:1 counselling service based in Buckie (voluntary contribution).	Self-referral.	 1 Burnside Court, Buckie  01542 835751  moray.counselling@crossreach.org.uk  www.crossreach.org.uk
Phoenix Centre 	16+ years.	Support for those in Moray experiencing and/or in recovery from mental health problems.	Referral to day service through Social Work Team. Self-referral for community events.	 9 Queen Street, Buckie  01542 839624  phoenixcentre@moray.gov.uk
Moray Wellbeing Hub 	Champions are 16+ years.	<ul style="list-style-type: none"> ➤ Central hub, led by those who have experienced mental health challenges. ➤ Wellbeing courses for families and parents. 	N/A	 www.moraywellbeinghub.org.uk
Living Life 	16+ years.	Telephone line offering therapy for low mood, depression and anxiety.	Self-referral	 0800 328 9655  www.breathingspace.scot/living-life

For fee paying private counsellors and psychological therapists within Moray visit:

British Association for Counselling and Psychotherapy: www.bacp.co.uk

Counselling in Scotland: www.cosca.org.uk

British Association of Art Therapists: www.baat.org.uk

Appendix 2.

This list is not exhaustive but aims to provide some suggestions of resources. Please check availability and suitability of the resource before using and recommending to others. Health and Social Care Moray is not liable for the use of these resources.

List last updated November 2018, check Moray Council Mental Health and Wellbeing Children and Young People webpage for latest updates - http://www.moray.gov.uk/moray_standard/page_117484.html.

Children and Young People Mental Health Resource List

Books	
The Moray Libraries Reading Well Collection for young people:	
https://capitadiscovery.co.uk/moray/lists/1e1a54f6-d9fe-439a-b600-8edc4987dc79 (many of these books are also available in the Moray School Libraries)	
Socialworkerstoolbox.com:	
Range of books available for practitioners to download: http://www.socialworkerstoolbox.com	
Below is a selection of books not listed in Reading Well Collection or available to download on www.socialworkerstoolbox.com:	
General Mental Health	
Title and Author	Age/Audience/Description
The Incredible Years: A trouble shooting guide for parents of children aged 2 – 8 years by Carolyn Webster-Stratton	2-8 year olds Practitioners/Parents/Carers/ Young Children Website - http://www.incredibleyears.com/
Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids by Carol McCloud	4-9 year olds Practitioners/Parents/Carers/Young Children
Positively Teenage: A positively brilliant guide to teenage wellbeing by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Mind Your Head by Juno Dawson	Practitioners/Parents/Carers/Teenagers
Are We All Lemmings and Snowflakes? By Holly Bourne	Focuses on fitting in and feeling normal Practitioners/Parents/Carers/Teenagers
Am I Normal Yet? By Holly Bourne	Focuses on feminism and friendship Practitioners/Parents/Carers/Teenagers

Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can by Ben Sedley	Practitioners/Parents/Carers/Teenagers
The Teenage Guide to Friends by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Blame my Brain: the Amazing Teenage Brain Revealed by Nicola Morgan	Focuses on teenage brain development Practitioners/Parents/Carers/Teenagers
Do the Right Thing: A Teenager's Survival Guide for Tricky Situations by Jane Goldman	Practitioners/Parents/Carers/Teenagers
Anger	
Title and Author	Age/Audience/Description
Starving the Anger Gremlin for Children: A Cognitive Behavioural Therapy Workbook on Anger Management by Kate Collins-Donnelly	5-9 year olds Practitioners/Parents/Carers/Children
A Volcano In My Tummy: Helping Children to Handle Anger by Warwick Pudney and Elaine Whitehouse	6-15 year olds Practitioners/Parents/Carers/Children and Young People
Anxiety	
Title and Author	Age/Audience/Description
The Huge Bag of Worries by Virginia Ironside	3-8 year olds Practitioners/Parents/Carers/Children
Starving the Anxiety Gremlin by Kate Collins Donnelly	Version for 5-9 year olds Version children 10 years old and above Practitioners/Parents/Carers/Children
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner and Bonnie Matthews	6-12 year olds Practitioners/Parents/Carers/Children
No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed by Lily Murray and Katie Abey	7 + year olds Practitioners/Parents/Carers/Children and Young People
All Birds have Anxiety by Kathy Hoopmann	Practitioners/Parents/Carers/Children and Young People

The Teenage Guide to Stress by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
The Anxiety Survival Guide for Teens by Jennifer Shannon	Practitioners/Parents/Carers/Teenagers
Fighting Invisible Tigers: Stress Management for Teens by Earl Hipp	Practitioners/Parents/Carers/Teenagers
Depression	
Title and Author	Age/Audience/Description
Living with a Black Dog by Ainsley Johnstone and Matthew Johnstone	Practitioners/Parents/Carers/Teenagers
Night Shift by Debi Glori	Practitioners/Parents/Carers/Teenagers
Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner and Claire A. B. Freeland	Practitioners/Parents/Carers/Teenagers
Eating	
Title and Author	Age/Audience/Description
Wintergirls by Laurie Halse Anderson	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Tyranny: I keep you thin by Lesley Fairfield	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Nothing Tastes As Good by Clair Hennessy	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
Holding up the Universe by Jennifer Niven	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
Relaxation and Mindfulness	
Title and Author	Age/Audience/Description
Sitting Still like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel	5-12 year olds Practitioners/Parents/Carers/Children and Young People
Calm with the Very Hungry Caterpillar by Eric Cale	8-12 years old Practitioners/Parents/Carers/Children and Young People

A Mindfulness Guide for the Frazzled by Ruby Wax	Practitioners/Parents/Carers/Teenagers
Self-harm	
Title and Author	Age/Audience/Description
Damage by Eve Ainsworth	Focuses on self-harm. Practitioners/Parents/Carers/Teenagers
Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals by Pooky Knightsmith	Practitioners/Parents/Carers/Teenagers
Sexuality and Gender	
Title and Author	Age/Audience/Description
What I Was by Meg Rosoff	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Doing It! By Hannah Witton	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Pink by Lili Wilkinson	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
The Art of Being Normal by Lisa Williamson	Focuses on transgender and friendship. Practitioners/Parents/Carers/Teenagers
Some Assembly Required: The Not-So-Secret Life of a Transgender Teen by Arin Andrews	Focuses on transgender. Practitioners/Parents/Carers/Teenagers
Beyond Magenta: Transgender Teens Speak Out by Susan Kuklin	Focuses on transgender. Practitioners/Parents/Carers/Teenagers
This Book is Gay by Juno Dawson	Focuses on LGBT. Practitioners/Parents/Carers/Teenagers
The Girl Files by Jacqui Bailey	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
How to be a girl by Anita Naik	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers

Being a Girl by Hayley Long	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
Being a Boy by Juno Dawson	Focuses on puberty for boys. Practitioners/Parents/Carers/Teenagers

Websites/Worksheets and Resources/Online Training	
Websites	
Moray Council Mental Health & Wellbeing Children & Young People: http://www.moray.gov.uk/moray_standard/page_117484.html	
Documents/info on Website	Age/Audience/Description
Moray guidance documents for helping young people at risk of suicide and self-harm.	Practitioners/Parents/Carers
Healthy Minds Resources – including apps and websites for 12-18 year olds.	Practitioners/Parents/Carers/Young People
Information on mental health training.	Practitioners
Links to mental health related websites.	Practitioners/Parents/Carers/Young People
Anna Freud Centre for Children and Families: https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/	
Documents/info on Website	Age/Audience/Description
Schools in Mind section provides primary and secondary school resources.	Practitioners working with primary and secondary aged children.
On My Mind section provides information for young people.	Practitioners/Parents/Carers/Young People
Anxiety Canada Youth: https://youth.anxietycanada.com/	
Documents/info on Website	Age/Audience/Description
Interactive website with information on anxiety for teenagers.	Practitioners/Parents/Carers/Young People

Anxiety UK: https://www.anxietyuk.org.uk/	
Documents/info on Website	Age/Audience/Description
Resources and information on anxiety.	Practitioners/Parents/Carers/Young People
Aye Mind: http://ayemind.com/	
Documents/info on Website	Age/Audience/Description
Digital database of resources and information for children and young people's mental health. Created in collaboration with young people.	Practitioners/Parents/Carers/Young People
Beat Eating Disorders: https://www.beateatingdisorders.org.uk/	
Documents/info on Website	Age/Audience/Description
UK's leading charity for anyone affected by eating disorders. Information and support helpline.	Practitioners/Parents/Carers/Young People
Best Beginnings: https://www.bestbeginnings.org.uk/	
Documents/info on Website	Age/Audience/Description
Charity working to give children in UK the best start in life. 'Out of the Blue' section focuses on promoting mental health for parents and children.	Practitioners/Parents/Carers
Campaign Against Living Miserably - CALM: https://www.thecalmzone.net/	
Documents/info on Website	Age/Audience/Description
Campaign against male suicide. Helpline and information.	Practitioners/Parents/Carers/Young People
CARED: https://www.caredscotland.co.uk/	
Documents/info on Website	Age/Audience/Description
Information and resources.	For parents and carers of young people (aged up to 25)

Centre for Clinical Interventions: https://www.cci.health.wa.gov.au/	
Documents/info on Website	Age/Audience/Description
Information and worksheets - see 'Resources' section.	Practitioners/Parents/Carers/Young People
Child Bereavement: https://childbereavementuk.org/	
Documents/info on Website	Age/Audience/Description
Supports families and educates professionals when a child of any age dies or is dying, or when a child is facing bereavement.	Practitioners/Parents/Carers/Young People
Childline: https://childline.org.uk/	
Documents/info on Website	Age/Audience/Description
Information and support.	Practitioners/Parents/Carers/Young People
Children 1st: https://www.children1st.org.uk/	
Documents/info on Website	Age/Audience/Description
Service information and details on how to access 'Parentline' - a helpline for all parents and carers.	Practitioners/Parents/Carers/Young People
Coping Skills for Kids: https://copingskillsforkids.com/	
Documents/info on Website	Age/Audience/Description
Resources and ideas for helping children to cope.	Practitioners/Parents/Carers
Cruse Bereavement Care Scotland: http://www.crusescotland.org.uk/	
Documents/info on Website	Age/Audience/Description
Service details and information around bereavement. Youth website - Hope Again: http://hopeagain.org.uk/	Practitioners/Parents/Carers/Young people

Depression in Teenagers: http://depressioninteenagers.co.uk/	
Documents/info on Website	Age/Audience/Description
Interactive website focusing on depression.	Teenagers
Grampian Child Bereavement Network: https://gcbn.org.uk/	
Documents/info on Website	Age/Audience/Description
Service details and information around bereavement.	Practitioners/Parents/Carers
Hands on Scotland: http://www.handsonscotland.co.uk/	
Documents/info on Website	Age/Audience/Description
Practical advice and information.	Practitioners/Parents/Carers
Heads Together - Mentally Healthy Schools: https://www.mentallyhealthyschools.org.uk/	
Documents/info on Website	Age/Audience/Description
Quality-assured information and resources to help primary schools understand and promote children's mental health and wellbeing.	Aimed at those working in primary Schools but relevant for practitioners working with all school aged children and young people.
Mental Health Foundation https://www.mentalhealth.org.uk/	
Documents/info on Website	Age/Audience/Description
General mental health information.	Practitioners/Parents/Carers/Young People
Moodcafé: http://www.moodcafe.co.uk/	
Documents/info on Website	Age/Audience/Description
Mental health information and resources.	Practitioners/Parents/Carers/Young People

Moodjuice: http://www.moodjuice.scot.nhs.uk/	
Documents/info on Website	Age/Audience/Description
Self-help resources and information.	Practitioners/Parents/Carers/Young People
Moray Educational Psychology Service: http://www.moray.gov.uk/moray_standard/page_55663.html	
Documents/info on Website	Age/Audience/Description
Service details and support information.	Practitioners/Parents/Carers/Young People
Moray Wellbeing Hub: http://moraywellbeinghub.org.uk/	
Documents/info on Website	Age/Audience/Description
Information about Moray Wellbeing Hub. Wellness college wellbeing courses.	Those aged 16 years old and over.
OCD UK: https://www.ocduk.org/	
Documents/info on Website	Age/Audience/Description
National charity for OCD. Youth Website - OCD Youth: http://ocdyouth.org/	Practitioners/Parents/Carers/Young People
PAPYRUS: https://papyrus-uk.org/	
Documents/info on Website	Age/Audience/Description
Prevention of young suicide. Helpline and Information.	Practitioners/Parents/Carers/Young People
Place2Be: children's mental health week: www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/	
Documents/info on Website	Age/Audience/Description
Information, advice and resources to help primary and secondary schools understand and promote children and young people's mental health.	Aimed for those working in primary and secondary schools and the children and young people themselves.

Quarriers – Let’s talk about mental health: https://quarriers.org.uk/how-we-help/children-families/lets-talk-about-mental-health/	
Documents/info on Website	Age/Audience/Description
Mental health lessons for primary school children.	Practitioners working in primary Schools.
Respect Me: https://respectme.org.uk/	
Documents/info on Website	Age/Audience/Description
Scotland’s anti-bullying service.	Practitioners/Parents/Carers/Young People.
Royal College of Psychiatrists: https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/	
Documents/info on Website	Age/Audience/Description
Information.	Practitioners/Parents/Carers/Young People
Samaritans: https://www.samaritans.org/	
Documents/info on Website	Age/Audience/Description
Helpline and information.	Practitioners/Parents/Carers/Young People
See Me: https://www.seemescotland.org/	
Documents/info on Website	Age/Audience/Description
Scotland’s programme against mental health stigma.	Practitioners/Parents/Carers/Young People
Mental health teaching packs.	Practitioners
Sleep Scotland: http://www.sleepscotland.org/	
Documents/info on Website	Age/Audience/Description
Information, resources and sleep helpline.	Practitioners/Parents/Carers

Stress and Anxiety in Teenagers: http://www.stressandanxietyinteenagers.co.uk/	
Documents/info on Website	Age/Audience/Description
Interactive website focused on stress and anxiety.	Teenagers
The Mix: https://www.themix.org.uk/	
Documents/info on Website	Age/Audience/Description
Support and information.	Aimed at 13-25 year olds.
Winston's Wish: https://www.winstonswish.org/	
Documents/info on Website	Age/Audience/Description
Information and support around bereavement.	Practitioners/Parents/Carers/Young People
YoungMinds: https://youngminds.org.uk/	
Documents/info on Website	Age/Audience/Description
UK's leading charity for children and young people's mental health. Range of information available.	Practitioners/Parents/Carers/Young People
Young Scot: https://young.scot/information/?page=1&topic=mind	
Documents/info on Website	Age/Audience/Description
See the 'Mind' topic under 'Information' for mental health resources.	Aimed at 11-26 year olds.
13 Reasons Why Toolkit: https://www.13reasonswhytoolkit.org/	
Documents/info on Website	Age/Audience/Description
Toolkit developed for Schools, Parents and Clinical Staff following the 13 Reasons Why Netflix Series focusing on suicide and other mental health concerns.	Practitioners/Parents/Carers

Free worksheets and downloadable resources	
Website:	Age/Audience/Description
https://www.therapistaid.com/	Practitioners
https://www.psychologytools.com/	Practitioners
http://www.socialworkerstoolbox.com/	Practitioners
https://www.getselfhelp.co.uk/	Practitioners
Free online training	
Introduction to mental health: http://www.northlanmindset.org.uk/	
Documents/info on Website	Age/Audience/Description
Free online introduction to mental health.	Practitioners/Parents/Carers/Young People
MindEd: https://www.minded.org.uk/	
Documents/info on Website	Age/Audience/Description
Free educational resource on children and young people's mental health for all adults.	Practitioners/Parents/Carers
FutureLearn: https://www.futurelearn.com/	
Documents/info on Website	Age/Audience/Description
E-learning from universities and specialist organisations.	Practitioners/Parents/Carers
Self-harm training: https://www.virtual-college.co.uk/resources/free-courses/understanding-young-minds/	
Documents/info on Website	Age/Audience/Description
Free on-line course designed to help parents talk about the issue of self-harm with their children.	Practitioners/Parents/Carers

Mobile Applications	
Name of App	Age/Audience/Description
Apart of me	App for young people who have experienced bereavement (cost: free).
Breathe, Think, Do with Sesame	App for parents/carers to use with young children (aged 2 – 5 years old) to help teach skills such as problem-solving, self-control, planning, and task persistence (cost: free).
Calm	Meditation app (cost: some exercises free).
Calm Harm	App for self-harm aimed at those aged 12 years old and over (cost: free).
Headspace	Mindfulness Exercises (some exercises free).
In Hand	A tool to 'bring back the balance' in a moment of stress or low mood (cost: free).
MindShift	App designed to help teens and young adults cope with anxiety (cost: free).
Moray Prevent Suicide App	Support information, url: http://www.preventsuicideapp.com/suicide-m.html/ (cost: free).
SafeSpot	Promotes positive wellbeing in children and young adults (cost: free).
Smiling Mind	Mindfulness programmes for 7-18 year olds, adults and the classroom (costs: free).
Stop, Breathe and Think	App to help you tune into and process your emotions. There is also a version for 5-10 year olds available on IOS only (cost: some exercises free).

Other	
Name	Age/Audience/Description
Bereavement Box	Resource in all Moray Schools

NHS Grampian Leaflets (used by professionals)

Contact your local healthpoint at Dr Gray's Hospital, Elgin or visit:
<http://www.nhsghpcat.org/HPAC/HPACIndex.jsp>

Title and Leaflet Reference No.	Age/Audience/Description
Coping with pressure at school (YoungMinds) (L13312)	Secondary School age young people
Depression (YoungMinds) (L13309)	Secondary School age young people
Mental Illness In Your Family (Young Minds) (L13114)	Secondary School age young people
Eating problems & eating disorders (YoungMinds) (L13313)	Secondary School age young people
Self-harm (YoungMinds) (L13311)	Secondary School age young people
Anger Issues (YoungMinds) (L13310)	Secondary School age young people
Family Breakups? (L13191)	Primary School age young people
R U Worried? (L13187)	For 8-12 year olds
When Someone Dies (for children) (L13190)	For 8-12 year olds
R U Sad? (L13188)	For 8-12 year olds
Prevent Suicide app card (L13294)	Adults and young people
How to ... Look after your mental health (L13289)	Adults
Feeling low, anxious or stressed? (Living Life) (L13287)	Living Life is a free phone service for anyone aged 16 and over experiencing low mood, mild / moderate depression and / or anxiety
Living life to the full – Chris Williams	Adults and young people Living life to the full young people website: http://www.lttfyp.com/
Quarriers young carer support service (L65101)	Young Carers