

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 advise about further support available.

In addition, you should contact the **Named Person** who is a professional available to listen, advise and help a child or young person and their parent/carer(s) by providing support and/or helping them to access other support services. 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.

These include:
























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This list may not be exhaustive. Please contact the services directly to confirm up-to-date accuracy of this information.

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. <ul style="list-style-type: none"> ➤ 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.	<ul style="list-style-type: none"> ➤ 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






















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Service	Age	Service provides	Referral requirements	Contact details
Samaritans 	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
Moray Women's Aid  Moray Women's Aid	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
Quarriers Young Carers 	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
Quarriers Arrows 	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
Childline 	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


























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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. <ul style="list-style-type: none"> ➤ 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@crusescotland.org.uk  www.crusescotland.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@mhaberdean.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






















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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, Forres  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-Welfareinformationservice@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 for 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

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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.baart.org.uk

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