Healthy Minds Resource Pack

Child and Youth Mental Health Resources

Theme	Name of Resource	Description	How to access
One Good Adult	One Good Adult	A resource clip developed in partnership with Glasgow HSCP, NHSGG&C Mental health improvement team and SWAMP to highlight the one good adult concept in protecting, promoting and support young peoples mental health.	https://www.youtube.com/watch?v=nuEHXTQNE-k
Resilience Development in Schools	On Edge: Learning About Self Harm	A pack produced by NHS Greater Glasgow and Clyde to help teachers and other practitioners learn more about self harm and support available.	http://mindreel.org.uk/video/edge-learning-about-self-harm-deans-story http://mindreel.org.uk/video/edge-learning-about-self-harm-millies-story
	Samaritans Developing Emotional Awareness and Listening (DEAL) programme.	A free teaching resource aimed at students aged approximately 14 and over and inclusive of all abilities and learning styles. It has been developed by Samaritans in consultation with young people and schools across the UK and Republic of Ireland.	https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
	What's on your mind?	A teaching pack about building young peoples' confidence, understanding stigma and discrimination and taking action.	www.seemescotland.org/young-people/whats-on-your-mind/

Theme	Name of Resource	Description	How to access
	Positive Mental Attitudes	This resource provides a structured approach to support teachers and other practitioners to engage with young people about mental health issues. The lessons can be used individually but together aim to provide a whole school approach to mental health education.	http://mindreel.org.uk/video/positive-mental-attitudes-%e2%80%93-schools-curriculum-pack
	Let's Talk About Mental Health	Developed by Quarriers this resource pack aims to improve mental health knowledge and awareness with the long term aim of removing taboo of speaking about mental health and helping end stigma.	https://quarriers.org.uk/mentalhealth/
	A whole school approach to loss and bereavement	A toolkit to help teachers and other professionals support children and young people during times of loss, change and bereavement.	https://www.seemescotland.org/young-people/resources/partner-resources/
Resilience Development in Communities	Resilience Toolkit	This Resilience Toolkit provides practical guidance in promoting and developing resilience in young people.	https://www.seemescotland.org/young-people/resources/partner-resources/
	Hands on Scotland	This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.	http://handsonscotland.co.uk/
Peer Help and Social Media	Aye Mind	Digital platform to improve the mental health and wellbeing of young people aged 13-21 – by making better use of the internet, social media and mobile technologies.	http://ayemind.com/
	Allsorts	A simple guide to digital and social media.	http://www.allsortsyouth.org.uk/resources/other-publications
Body Image	The Dove Self Esteem Project	Offers a range of resources to promote positive body confidence and self esteem.	https://www.dove.com/uk/dove-self-esteem-project.html#!

Theme	Name of Resource	Description	How to access
Loss and Grief	NHSGG&C Bereavement Services and Resources	Provides information on NHSGG&C bereavement services and resources and details of other local and national services and resources.	http://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/# http://www.sad.scot.nhs.uk/bereavement/
	Cruse Scotland	Promotes the wellbeing of bereaved people and offers support to anyone experiencing bereavement to help them understand their grief and cope with their loss.	http://www.crusescotland.org.uk/
	Childhood Bereavement UK	Supports families and educates professionals when a child of any ages dies, or is dying or when a child is facing bereavement	https://childbereavementuk.org/
Sleep	Mood Juice	Provides information on sleep problems and how to learn skills to cope with them	http://www.moodjuice.scot.nhs.uk/SleepProblems.asp
	Wellbeing Glasgow	Downloadable self help booklet to help those with trouble sleeping.	http://wellbeing-glasgow.org.uk/trouble-sleeping/
Long term conditions	NHS inform	Scotland's national health information service. Provides accurate and relevant information on long term health conditions to help people make informed decisions about their own health and the health of the people they care for.	https://www.nhsinform.scot/
Loneliness and Isolation	Mind	Provides information on what loneliness is, gives practical suggestions and where to go for support.	https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/

Theme	Name of Resource	Description	How to access
Helplines	Childline	Offers free and confidential supporting on the phone, online and from our CYP on message boards	Free phone 0800 11 11
	Samaritans	Anyone any age can contact the Samaritans for free and confidential support. Call free any time, from any phone available 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. You don't have to be suicidal to call.	Free phone 116 123
	NHS Living Life	Living Life is a free phone service offering therapy for anyone over 16 years of age with: • low mood • mild to moderate depression • anxiety Your GP can refer or you can call for a self assessment.	Free phone 0800 328 9655 or visit https://www.nhs24.scot/our-services/living-life/