

## Resources for Schools

As schools plan to return, for many children and young people (C&YP) and staff, this will be their first time stepping into a school environment since lockdown began. Understandably this will be a worrying and cautious time for many. COVID-19 has transformed lives unimaginably, it has touched us all in some way or other and it is difficult to predict what the long term impact will have on the mental health of children and young people. However we know that schools play a key role in supporting the mental health and wellbeing of C&YP throughout the COVID-19 recovery phase and beyond.

This document offers a range of suggested resources that can be used to protect, promote and support the mental health and wellbeing of C&YP. Whilst this is not an exhaustive list, the resources highlighted have been developed by Education and Health colleagues and National Mental Health organisations. Mental health is everyone's business and you do not have to be an expert to be having conversations about mental health, all but one of the resources highlighted do not require staff to attend training.

The intended outcomes of these resources will be best achieved if they are used to form part of the wider health and wellbeing curriculum and are not used as standalone resources. This is to help C&YP develop the knowledge, understanding, skills and attributes that they need for mental, emotional, social and physical wellbeing now and in the future.

For those delivering lessons exploring mental health, we would advise that you become familiar with the range of support services and your establishment/organisation safe guarding protocols available for C&YP who may be experiencing difficulties, or who know of friends and family members in this position.

Staff health and wellbeing is also extremely important and the document highlights support organisations and helplines available to staff along with some mental health Continual Professional Development online opportunities.

Please note some resources highlighted are available to order free from our Public Health Resources Directory [www.phrd.scot.nhs.uk](http://www.phrd.scot.nhs.uk)

Details of ordering and delivery protocols can be found within the embedded document:



RESOURCE PACKS				
Name	Description	Age Group/CFE Level	Additional Information	How to access
<b>The Compassionate and Connected Classroom: A health and wellbeing resource</b>	Designed to specifically build teacher confidence and support the emotional and mental wellbeing of children.	P6-7 Second Level	Specifically intended for practitioners who are teaching at the upper primary stages but could also be useful for those who are teaching at mid primary stages or early secondary. It is also aimed at senior leaders to ensure that the resource is implemented and supported effectively.	Download from Education Scotland <a href="https://education.gov.scot/improvement/learning-resources/compassionate-and-connected-classroom#">https://education.gov.scot/improvement/learning-resources/compassionate-and-connected-classroom#</a>
<b>The Alphabet Resilience Toolkit</b>	Includes ideas and activities to help your child build inner strength and wellbeing. For each letter there is a definition, something to think about, something positive to say and some suggestions of things to Make, Do or Write.	P1-P7 Early, First & Second	Comes with notes for parents and adults on how to use it.	Download from Education Scotland <a href="https://education.gov.scot/improvement/scotland-learns/health-and-wellbeing-activities/resilience-alphabet#">https://education.gov.scot/improvement/scotland-learns/health-and-wellbeing-activities/resilience-alphabet#</a>
<b>Let's Talk About Mental Health</b>	For staff wanting to support children in building resilience to help tackle mental health issues if and when they arise.	P3-P7 First & Second	Developed by Quarriers.	Download from <a href="https://quarriers.org.uk/wp-content/uploads/2017/07/Mental-health-for-children.pdf">https://quarriers.org.uk/wp-content/uploads/2017/07/Mental-health-for-children.pdf</a>
<b>Relationships, Sexual Health and Parenthood Programme</b>	The national resource for relationships, sexual health and parenthood (RSHP) education for children and young people. Content includes lessons on emotions,	Early Years - S6 including ASN) All CFE	Can be used in early learning settings, schools, colleges and community-based learning.  All schools receive training from NHSGGC Sexual Health	Download from <a href="https://rshp.scot/">https://rshp.scot/</a>

	friendships, relationships and feeling safe.	Levels	Team.	
<b>On Edge: Learning About Self harm</b>	For teachers and professionals working with young people, it comprises four lesson plans to accompany the video links and is designed to give pupils a rounded view of self harm and the support available.	P7 - S3  Second, Third & Fourth	Pack has been updated with supporting appendices with current information.  Each lesson builds on the previous one. To achieve the best results they are best delivered in the correct order within a four week period.	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/on-edge-self-harm-awareness-resource-pack/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/on-edge-self-harm-awareness-resource-pack/</a>
<b>Positive Mental Attitudes</b>	Developed to support teachers and practitioners to engage with young people about mental health issues. The lessons can be used individually and put together to provide a whole school approach to mental health education.	P7-S6  Second, Third, Fourth & Senior	Although the pack is several years old, much of the information is still relevant Supporting addendums have been produced to include up to date information and signposting to new media resources.	Download via the following website which also hosts the supporting addendum <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/positive-mental-attitudes-curriculum-pack/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/positive-mental-attitudes-curriculum-pack/</a>
<b>What's On Your Mind?</b>	A resource to help build young peoples' confidence, understanding off stigma and discrimination and taking action. The pack is split into three modules built around the four capacities outlined in the Curriculum for Excellence as well as addressing key learning outcomes of the Health and Wellbeing Curriculum.	S1-S6  Third, Fourth & Senior	Developed by See Me.	Download from <a href="https://www.seemescotland.org/young-people/whats-on-your-mind/">https://www.seemescotland.org/young-people/whats-on-your-mind/</a>
<b>Developing Emotional Awareness and Listening (DEAL)</b>	A resource for teachers and practitioners to help develop resilience in young people.	S3-S6  Third, Fourth & Senior	Developed by the Samaritans. The resources are designed for pupils aged approximately 14 and over although many of	Download from <a href="http://www.samaritans.org/education/deal">http://www.samaritans.org/education/deal</a>

			the sessions are also suitable for younger pupils.	
<b>Resilience Toolkit</b>	A resource that provides a range of interactive sessions to help promote and develop resilience in young people. Activities are themed around resilience top ten tips strategies.	P7-S6  Second, Third, Fourth & Senior	Developed by Glasgow South Sector C&YP Health Improvement Team in partnership with South Strategic Youth HWB Group.	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/resilience-toolkit/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/resilience-toolkit/</a>
<b>GUIDANCE/TOOLKITS</b>				
Name	Description	Age Group	Additional Information	How to access
<b>Coronavirus: resources to support the return to school</b>	A toolkit with resources for schools and parents and carers to help make the return to school a mentally healthy one	P1-S6  All Levels	Developed by Anna Freud.	Download from <a href="https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf">https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf</a>
<b>A whole school approach to loss and bereavement</b>	A guidance document that aims to support practitioners to increase their knowledge and understanding on the subject of bereavement, loss and change and how they can support children and young people.	Early years – S6  All Levels	Also provides suggested lessons, reading and signposting to resources.	Download from <a href="https://www.goodlifedeathgrief.org.uk/content/resources/Whole_School_Approach_to_LossAndBereavement).pdf">https://www.goodlifedeathgrief.org.uk/content/resources/Whole_School_Approach_to_LossAndBereavement).pdf</a>
<b>Guidance and resources for schools in supporting children impacted by</b>	A resource to help school communities raise awareness of imprisonment as an issue, in order to help children and	P1-S6  All Levels	Developed by Families Outside.  Includes links to books, film	Download from <a href="https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/">https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/</a>

<b>imprisonment</b>	young people affected speak out and access the support they need.		clips and lesson ideas.	
<b>PLANNING TOOLS</b>				
<b>Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Additional Information</b>	<b>How to access</b>
<b>NHSGGC Child and Youth Prevention and Early Intervention Framework</b>	An evidence based framework to support partners and organisations plan and prioritise for child and youth mental health improvement.	5-18 All Levels	This can be used by any organisation working with children and young people.	Download from <a href="https://www.nhsggc.org.uk/media/239461/C&amp;YP-mhi-strategy-update-grid-aug-16.pdf">https://www.nhsggc.org.uk/media/239461/C&amp;YP-mhi-strategy-update-grid-aug-16.pdf</a>
<b>A Knowledge and Skills Framework: A whole school approach to self harm awareness and training</b>	A whole school approach to self harm awareness and training has been structured to reflect national training frameworks. It has been developed to support schools to consider how they may implement a whole school approach to self harm awareness and training.	P1-P6 All levels	Schools can populate with resources and information to reflect the needs of their establishment.	Download from <a href="https://www.nhsggc.org.uk/media/262049/wsash.pdf">https://www.nhsggc.org.uk/media/262049/wsash.pdf</a>
<b>Child and Youth Policy Landscape</b>	A policy landscape to highlight some of the key policy drivers for C&YP mental health; how they interconnect to ultimately Getting it Right for Every Child. The resource can be used to plan for mental health improvement activity.	5-18 All Levels	This is not an exhaustive list of policy drivers.	Download from <a href="https://www.nhsggc.org.uk/media/261851/C&amp;YPmh-policy-landscape.pdf">https://www.nhsggc.org.uk/media/261851/C&amp;YPmh-policy-landscape.pdf</a>

DIGITAL				
Name	Description	Age Group	Additional Information	How to access
<b>Aye Mind Website</b>	Website for anyone working with and supporting young people. Hosts a range of quality assured mental health apps and websites.	Staff supporting C&YP 11-18	Hosts a digital toolkit which includes practical information, case studies and reflection material for anyone interested in learning more about digital approaches to promote youth mental wellbeing.	Visit <a href="http://www.ayemind.com">www.ayemind.com</a>
<b>Aye Mind Twitter</b>	Twitter feed that provides up to date information on C&YP mental health including resources, research and sharing good practice.	For staff	Opportunity for schools and youth organisations to share and promote mental health practice and resources.	Follow <b>@AyeMind99</b>
<b>One Good Adult</b>	Having a supportive and trusted adult is key to how well a child and/or young person is connected; self-confident, future looking and can cope with problems. This film shares the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.	P6/7- S6 Second, Third, Fourth & Senior	This resource can be used both with staff and C&YP. The Healthy Minds Resource (under capacity building) hosts a one good adult session, the session can be delivered to staff working with and supporting C&YP to help promote the importance of the One Good Adult concept and the role staff can play. The session can also be tailored to C&YP to help them understand the importance of having a One Good Adult. The Resilience Toolkit also	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/child-and-youth-mental-health/one-good-adult/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/child-and-youth-mental-health/one-good-adult/</a>

			hosts a one good adult activity.	
RESOURCES				
Name	Description	Age Group	Additional Information	How to access
<b>Transforming Child and Youth Mental Health Booklet</b>	Highlights the key mental health issues for young people, recommended staff training, useful resources, websites and top ten tips for resilience. Illustrates links between my world triangle, protective factors for mental health and the NHS Child and Youth Prevention and Early Intervention Child and Youth mental health framework.	5-18  All Levels	This resource opens out into the top ten tips for resilience poster.  An adult version also available which can be shared with parents/carers and staff.	Download from <a href="https://www.nhsggc.org.uk/media/257089/137481_child-and-youth_mh_poster_final-2.pdf">https://www.nhsggc.org.uk/media/257089/137481_child-and-youth_mh_poster_final-2.pdf</a>  Order from Public Health Resources Directory
<b>Resilience Poster</b>	An eye catching resource that offers 10 simple strategies to help build resilience in C&YP.	P4-S6  First, Second, Third, Fourth & Senior	Strategies can also be used to support adult mental health.  Available in various languages.	Download from <a href="https://www.nhsggc.org.uk/media/257098/a3-top-10-tips-27-03-2014.pdf">https://www.nhsggc.org.uk/media/257098/a3-top-10-tips-27-03-2014.pdf</a>  Order from Public Health Resources Directory
<b>Child and Youth Mental Health Supports</b>	A document that provides a comprehensive overview of the range of mental health online and helpline supports available to children and young people.	P1-S6  All Levels	This resource has been themed for ease of use; themes include general mental health issues, bereavement, young carers, LGBT, sexual health, disability, BAME, domestic violence, long term conditions and criminal justice.	Download from <a href="https://www.nhsggc.org.uk/media/261284/C&amp;YPmh-supportsfinal.pdf">https://www.nhsggc.org.uk/media/261284/C&amp;YPmh-supportsfinal.pdf</a>

<b>NHSGGC Public Health Resources Directory</b>	This hosts a range of mental health resources for adults and child and young people.	All ages	An account has to be created to order resources.  All resources are free and can be accessed by anyone living and working in Greater Glasgow and Clyde.	Visit <a href="http://www.phrd.scot.nhs.uk">www.phrd.scot.nhs.uk</a>
<b>Perinatal Mental Health Guide</b>	A guide for staff who may have contact with new and expectant parents. Provides information on a range of supports and resources across Greater Glasgow and Clyde to support mental health during the perinatal period.	New and expectant parents	Can be used to support young parents who are still in education.	Download from <a href="https://www.nhsggc.org.uk/media/260256/pnmhguide-final.pdf">https://www.nhsggc.org.uk/media/260256/pnmhguide-final.pdf</a>  Order from Public Health Resources Directory
<b>CAPACITY BUILDING</b>				
<b>Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Additional Information</b>	<b>How to access</b>
<b>Healthy Minds Resource Pack</b>	An awareness raising resource to support implementation of the NHSGG&C Mental Health Improvement frameworks (adult and child & youth). Aims to promote a universal basic awareness and understanding of mental health and topics that are associated with and can	P5- S6  Staff	This is a flexible resource that can be adapted to suit the needs of the audience. All sessions come with a session plan, facilitator's notes, PowerPoint presentation and supporting resources. Sessions can be used with C&YP or adults.	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/</a>



	impact on mental health and wellbeing.			
<b>Healthy Minds Information Session</b>	A session that can be used to deliver a session on what the Healthy minds resource is and how to access it.	16+	Each session comes with a session plan, facilitator's notes and supporting PowerPoint presentation.	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/healthy-minds-information-session/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/healthy-minds-information-session/</a>
<b>Understanding mental health: e learning module</b>	An e learning module for people who have no previous training in mental health. It gives a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems.	16+ Senior	Free to access	Access at <a href="http://www.northlanmindset.org.uk">www.northlanmindset.org.uk</a>
<b>Understanding Self harm: e learning module</b>	An e learning module for people who have no previous training in this area. It gives an overview of the area of self-harm and how those who self-harm can be supported.	16+ Senior	Free to access	Access at <a href="http://www.selfharmlifelines.org.uk">www.selfharmlifelines.org.uk</a>
<b>STAFF HEALTH AND WELLBEING</b>				
<b>Heads Up</b>	Offers mental health advice, and information, on mental health conditions - how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in.	16+	Developed by NHSGGC	Visit: <a href="http://headsup.scot/">http://headsup.scot/</a>

<b>NHS Living Life</b>	A free telephone based service for people over the age of 16 feeling low, anxious or stressed.	16+	Open Mon-Fri 1pm -9pm	Visit: <a href="https://www.nhs24.scot/our-services/living-life/">https://www.nhs24.scot/our-services/living-life/</a> Tel: 0800 328 9655
<b>Breathing Space</b>	A free confidential phone and web based service for people experiencing low mood, depression or anxiety.	16+	Open Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am	Visit <a href="https://breathingspace.scot/">https://breathingspace.scot/</a> Tel: 0800 83 85 87
<b>Healthy Minds Pocket Guide</b>	Provides details of a mental health support organisation in each of the 6 Health and Social Care Partnerships; Glasgow City, Renfrewshire, Inverclyde, East Renfrewshire, East Dunbartonshire and West Dunbartonshire. The guide also provides helpful tips for looking after your mental health and wellbeing and who to contact if you feel someone is in distress.	16+  Senior	Can be downloaded or ordered from Public Health Resources Directory	Download from <a href="https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/mental-health-guide/">https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/mental-health-guide/</a>  Order from Public Health Resources Directory