aye mind

Digital youth mental health news, research, resources, and developments.

Issue 10

Digital Mental Health

It's no longer possible for us to support a child or young person's (CYP) mental health without thinking about the online environment.

This includes being aware of the risks of the online environment and encouraging CYP to maximise the benefits of being online.

It also means knowing the benefits of digital tools in promoting wellbeing and their role in supporting CYP.

Policy landscape

Increasing access to evidence-based digital mental health treatments, products, and services is also a key policy priority nationally (Scot Gov, 2021).

This includes expanding treatment choices and enabling people to better manage their mental health and wellbeing.

aye mind   NHS Greater Glasgow and Clyde

Aye Mind Toolkit

Your introductory guide to using digital technologies to support children and young people's mental health and wellbeing.

Online Lives

Want to learn more about CYP's online lives and how to support them? These resources could help:

- Aye Mind Toolkit - Learn about the role of the online environment in CYP's lives.

- Online Harms - Useful websites, helplines, and reporting mechanisms for a range of harms.

- UK Safer Internet Centre - Guides and resources for professionals to help CYP stay safe online.

- Professionals Online Safety Helpline - Monday - Friday during regular working hours. Call **0344 381 4772**.

- Online Harms LearnPro - Available to NHS staff on LearnPro - **GGC: 318 Online Harms – Introduction**. Other sectors can access via their own local learning management systems.

- Online Safety Training - NSPCC (£30 per person, online).

Potential of digital

Digital technology shows real promise in promoting positive mental health among CYP, including:

- Helping protect against developing mental health disorders.
- Getting help quickly e.g. apps and websites are always available.
- Overcoming physical barriers e.g. those living remotely.
- Overcoming stigma - young people might be more comfortable getting help from home.
- Providing 24/7 access to help, advice, interventions in critical period.
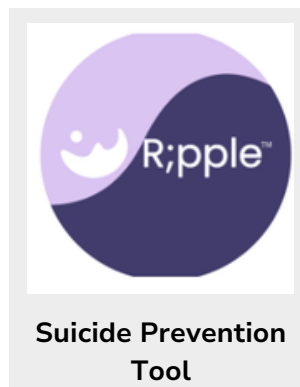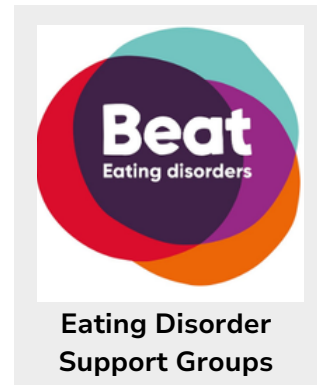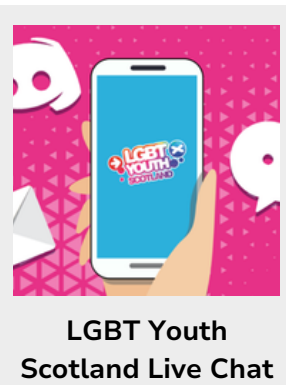
Digital Mental Health Supports

Our **Aye Mind Digital Tools Directory** collates a range of digital mental health tools that could be used with CYP.

Covering drugs and alcohol, grief, sleep, screen time, self-harm, and more.

We don't endorse any particular tool, so remember:

Be curious, but stay critical.

Visit the Directory

LGBT Youth Scotland Live Chat

Eating Disorder Support Groups

Suicide Prevention Tool

Online Wellbeing Support Service

Digital Inclusion

- When we're thinking of the digital influences on CYP, we must remember that many CYP across Scotland have limited digital literacy or internet access. This puts them at risk of being left behind.

- Digital exclusion can negatively impact employment, learning and development, wellbeing, access to services & support, among others. Find out more and access relevant resources in our digital inclusion blog.