CONTENTS

INTRODUCTION

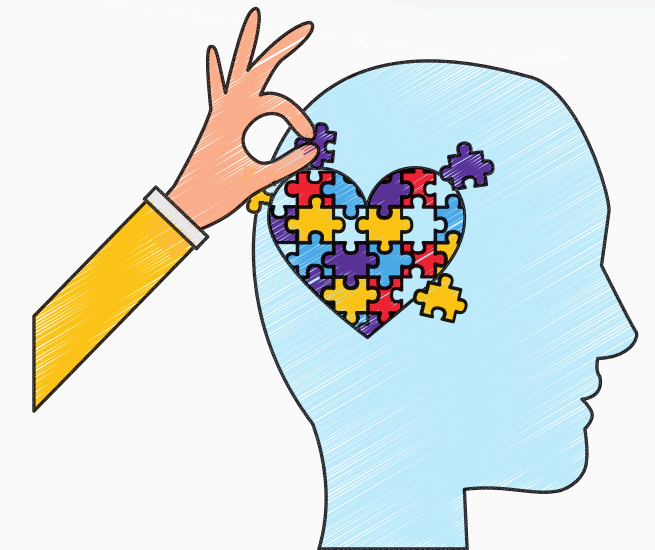**<u>Scotland's Mental Health and Wellbeing Strategy</u>** aspires to a Scotland free from stigma and inequality, where everyone fulfils their right to achieve the best mental health and wellbeing possible. Early Years, Schools and Youth Organisations play an important role in promoting and supporting the positive mental health and wellbeing of infants, children and young people.

This comprehensive document offers a "one stop shop" of suggested resources that can be used to protect, promote and support the mental health and wellbeing of infants, children and young people. Sections include, Resource Packs, Digital Resources, Guidance and Toolkits, Planning Tools, General Mental Health Resources, Learning and Capacity Building and Staff Health and Wellbeing. Whilst this is not an exhaustive directory, the resources included have been developed by Education, Health and National Organisations.

A whole-school/nursery approach to mental health and wellbeing involves all parts of the establishment working together and being committed. It needs partnership working between senior leaders and all staff, as well as parents, carers and the wider community. The intended outcomes of the resources shared 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 infants, children and young people to develop the knowledge, understanding, skills and attributes that they need for mental, emotional, social and physical wellbeing now and in the future.

As well as supporting the mental health of infants, children and young people, it is important to prioritise staff mental health and wellbeing to. Good staff wellbeing is essential if we are to get it right for our infants, children and young people's mental health. Information on various support organisations, APPS, websites and helplines have been included.

Finally, Early Years, Schools and Youth Organisations should refer to any national/local authority frameworks and guidance to support them to evaluate their own mental health and wellbeing approaches and develop plans to identify areas of improvement within their establishment.

RESOURCE PACKS

Name	Description	Target Group	Additional Information	Access
Mental Health and Wellbeing Resource for Early Years Professionals	A resource highlighting learning materials (best practice guidance, online modules, websites, animations etc) to support your learning around infants, children and families mental health and wellbeing	0-5	This resource can be made available in full or summary form, in alternative formats and community languages.	https://sway.cloud.microsoft/AqkIXR3L6NaOpQ2f?ref=email
I Am Me	Designed to specifically build teacher confidence and support the emotional and mental wellbeing of children.	P6-P7	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.	https://iammescotland.co.uk/resources
Mental Health resources for schools, caregivers and young people	A range of packs to discuss mental health topics in your school. Each pack includes lesson and assembly plans, and guides for staff, pupils, and caregivers.	Targets secondary schools, but it also has lots of useful information for primary schools.	Topics include body image, loneliness, sleep, healthy relationships, kindness and nature.	https://www.mentalhealth.org.uk/our-work/public-engagement/healthy-relationships/healthy-relationships-ourselves-and-our-peers-schools-pack

RESOURCE PACKS

Name	Description	Target Group	Additional Information	Access
On Edge: Learning About Self harm	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	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.	Resources and Planning Tools - NHSGGC *Sits with Children and Young People Mental Health Section, then under Resources for Schools and Youth Organisations*.
Developing Emotional Awareness and Listening (DEAL)	A resource for teachers and practitioners to help develop resilience in young people.	S3-S6	The resources are designed for pupils aged approximately 14 and over although many of the sessions are also suitable for younger pupils.	http://www.samaritans.org/education/deal
What's On Your Mind?	A resource to help build young peoples' confidence, understanding off stigma and discrimination and taking action.	S1-S6	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.	https://www.seemescotland.org/young-people/whats-on-your-mind/
Relationships, Sexual Health and Parenthood Programme	The national resource for relationships, sexual health and parenthood education for CYP. Content includes lessons on emotions, friendships, relationships and feeling safe.	Early Years - S6 including ASN)	Can be used in early learning settings, schools, colleges and community-based learning.	https://rshp.scot/

DIGITAL RESOURCES: EARLY YEARS

Name	Description	Target Group	Access
Early Years Resources	Online safety teacher resources for children in Early Years. Includes child-friendly apps and games to resources that support balanced screen time.	Early Years	https://www.internetmatters.org/schools-esafety/pre-school/
Smartie the Penguin	A collection of six stories from Childnet exploring life online for 3-7year-olds.	3-7	https://www.childnet.com/resources/smartie-the-penguin/
Digiduck Stories	Five stories from Childnet to help teachers educate children aged 3-7 about online safety, with accompanying teaching activities.	3-7	https://www.childnet.com/resources/digiduck-stories/
Early Years Resources: SWGfL	Products and resources from SWGfL suitable for early years	Early Years	https://swgfl.org.uk/stage/early-years/

DIGITAL RESOURCES: PRIMARY AND SECONDARY

Name	Description	Target Group	Access
Own It	Online safety teaching resources from the BBC. Covering self-image and identity, online relationships, online reputation, online bullying, managing information online, privacy and security, and health and wellbeing.	7-11	https://www.bbc.com/ownit/curations/teachers
UK Safer Internet Centre	A range of lesson plans, guidance, and resources to teach online safety in the classroom.	Primary & Secondary	https://saferinternet.org.uk/guide-and-resource/teachers-and-school-staff/teaching-resources
Internet Matters	Online Safety Teaching Resources. Including lesson plans and resources to support teaching online safety and digital literacy across subject areas.	Primary & Secondary	https://www.internetmatters.org/schools-esafety/
Quit Fighting for Likes	A national campaign to support young people to safely navigate social media and prevent violence, Offers a range of resources to get young people to think about and discuss attitudes and behaviours around the filming and sharing of violent incidents.	Upper Primary & Secondary	https://www.quitfightingforlikes.scot/

DIGITAL RESOURCES: PRIMARY AND SECONDARY

Name	Description	Target Group	Access
Think B4 You Type	Resources from the NSPCC to help teachers deliver e-safety lessons and create an ongoing conversation with children and young people about online safety. Including online bullying and relationships (covering grooming and sexting).	S1-S6	https://learning.nspcc.org.uk/research-resources/schools/anti-bullying-campaign-toolkit
STAR SEND Toolkit	An online safety teaching toolkit for educators to deliver with young people with special educational needs and disabilities	11-16	https://www.childnet.com/resources/star-send-toolkit/
Aye Mind: Holding a Mental Health - Themed Image and GIF-Making Session	A session plan from Aye Mind outlining the steps to follow to hold a GIF and image-making workshop to support children and young people in discussing digital and mental health	11-18	https://ayemind.com/guide/holding-a-mental-health-themed-image-and-gif-making-session-60-mins/

GUIDANCE AND TOOLKITS

Name	Description	Target Group	Access
Realising the Ambition: Being Me. National practice guidance for early years in Scotland	The practice guidance aims to support practitioners deliverer what babies and young children need most and how they can most effectively deliver to give children the best start in life.	Early Years Staff	https://education.gov.scot/media/3bjpr3wa/realisingtheambition.pdf
Voice of the Infant Best Practice Guidelines	To provide guidance on how to take account of infants' views and rights in all encounters they may have with professionals in statutory or third sector services, or in public spaces such as shops, libraries or galleries.	Anyone in contact with new and expectant parents, infants and families	https://www.gov.scot/publications/voice-infant-best-practice-guidelines-infant-pledge/
Perinatal and Infant Mental Health Good Practice Guide	A resource to support Health Care Workers, Third Sector partners and any community organisations in contact with families during the perinatal period. The guide is underpinned by nine protected characteristics set out in the Equality Act.	Staff working with new and expectant parents, infants and families	https://www.nhsggc.scot/downloads/perinatal-and-infant-mental-health-good-practice-guide-september-2023/
Mental health and wellbeing: whole school approach: framework	A whole school approach framework for schools to support children and young people's mental health and wellbeing.	Primary and Secondary Staff	https://www.gov.scot/publications/whole-school-approach-mental-health-wellbeing/

GUIDANCE AND TOOLKITS

Name	Description	Target Group	Additional Information	Access
The Alphabet Resilience Toolkit	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	Comes with notes for parents and adults on how to use it.	https://education.gov.scot/improvement/scotland-learns/health-and-wellbeing-activities/resilience-alphabet/#
Resilience Toolkit	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	Supporting poster available to download or order, see resources section.	Resources and Planning Tools - NHSGGC *Under CYP Mental Health*
Guidance and resources for schools in supporting children impacted by imprisonment	A resource to help school communities raise awareness of imprisonment as an issue, in order to help children and young people affected speak out and access the support they need.	P1-S6	Developed by Families Outside. Includes links to books, film clips and lesson ideas.	https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/

GUIDANCE AND TOOLKITS

Name	Description	Target Group	Access
A whole establishment approach to self-harm awareness and training for early years and schools	A resource to support schools and early years' establishments take a planned and co-ordinated approach to self-harm awareness and training that will help equip staff with the self-harm knowledge and skills appropriate to their role.	Early-S6	https://www.nhsggc.scot/downloads/wsa-self-harm-feb2023/
A whole school approach to loss and bereavement	This guidance aims to support practitioners to increase their knowledge and understanding on the subject of bereavement, loss, and change and how to support children and young people through this.	Early - S6	https://www.nhsggc.scot/downloads/a-whole-school-approach-to-loss-and-bereavement-december-2021/ *Under CYP Mental Health-Loss-Resources for Schools and Youth Orgs*
Cruse Bereavement Toolkit for Schools	A toolkit for schools they may find useful when supporting a child or young person through bereavement.	P1-S6	https://www.crusescotland.org.uk/how-can-we-help/bereavement-support-for-schools/bereavement-toolkit-for-schools/
Curriculum Inclusion LGBT Mapping Across Curriculum for Excellence	A document which contains guidance for each curriculum area on how to include LGBT voices and identities in the classroom.	P1-S6	https://www.lgbtyouth.org.uk/media/1585/lgbtys-curriculum-inclusion.pdf
Supporting transgender young people - Guidance for schools in Scotland	Aims to help primary and secondary education staff support transgender children and young people.	P1-S6	https://www.lgbtyouth.org.uk/media/1344/supporting-transgender-young-people.pdf

PLANNING TOOLS

Name	Description	Target Group	Additional Information	Access
NHSGGC Early Years Mental Health Improvement Framework	A planning tool to help support those working with babies and young children who are under 5 and their parents/carers to plan and deliver mental health improvement activities.	Staff working with 0-5	This can be used by any organisation working within early years.	https://www.nhsggc.scot/downloads/early-years-mental-health-improvement-framework/
NHSGGC Child and Youth Prevention and Early Intervention Framework	An evidence based framework to support partners and organisations plan and prioritise for child and youth mental health improvement.	Staff working with P1-S6	This can be used by any organisation working with children and young people.	Mental Health Improvement and Early Intervention Framework for Children and Young People - NHSGGC
Child and Youth Mental Health Policy Landscape	Highlights 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.	Staff working with P1-S6	This is not an exhaustive list of policy drivers.	https://www.nhsggc.scot/downloads/nhsggc-child-and-young-peoples-mental-health-policy-landscape/

RESOURCES

Name	Description	Target Group	Additional Information	Access
Supporting new and expectant parents' mental health	A guide for staff in contact with new and expectant parents, infants and families. Provides information on a range of supports and resources across Greater Glasgow and Clyde to support mental health during the perinatal period.	Staff working with new and expectant parents, infants and families	Can be used to support young parents who are still in education.	https://www.nhsggc.org.uk/media/260256/pnmhguide-final.pdf Order hard copies from Public Health Resources Directory.
Infant Pledge Poster	It details what a baby can expect from the adults around them, encourages mindful commitment to facilitate infants to express their feelings, consider their views, uphold their rights and take action accordingly. It is a reminder it is everyone's responsibility to listen to the voice of infants.	Staff working with Infants and their families	Supports Voice of the Infant Best Practice Guidelines. A3 and A4 copies available to order free from the Public Health Resources directory.	https://www.gov.scot/publications/voice-infant-best-practice-guidelines-infant-pledge/pages/5/ Order hard copies from Public Health Resources Directory.

RESOURCES

Name	Description	Target Group	Additional Information	Access
Aye Mind Poster	Can be personalised and reused to promote the different ways in which C&YP can access mental health support. This includes 1 to 1, group work, reading, helplines and digital.	P6 - S6	Resource can be wiped clean and re-used to keep information up to date.	325462 A2 poster-young (nhsggc.org.uk) Order hard copies from Public Health Resource Directory.
Aye Mind 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	www.ayemind.com
Grief After a Bereavement Poster	A resource sharing information on healthy ways in which we can manage our grief. Available to download in various languages.	Upper primary - S6 and adults	Strategies can also be used to support adult mental health. Available in 10 different languages (only downloadable) **https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/resources-and-planning-tools/** *Under adult mental health-loss and bereavement*	324134a-grief-poster-ggc.pdf (nhsggc.org.uk) **and/or order from Public Health Resources Directory.**

RESOURCES

Name	Description	Target Group	Additional Information	Access
Resilience Poster	A resource offering 10 simple strategies to help build resilience in children and young people.	P4-S6	Strategies can also be used to support adult mental health. Available in 10 different languages (only downloadable) https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/resources-and-planning-tools/ *Under adult mental health-resilience*	Resilience Toolkit: Top 10 Tips for Resilience - NHSGGC and/or Order from Public Health Resources Directory.
Child and Youth Useful Mental Health Helplines, Websites and APPS	Provides information on a range of helplines, websites and APPS to support children and youth mental health.	Staff working with P1- S6	Themed and includes general mental health issues, bereavement, young carers, LGBT, sexual health, disability, BAME, domestic violence, long term conditions and criminal justice.	cyp-helplines-websites-3 - NHSGGC
Traumatic Bereavement Resources	Aims to give school staff and practitioners the knowledge and tools they need to identify, help and support children and young people experiencing a traumatic bereavement.	P1- S6 and colleges	Developed by the UK Trauma Council, these free, evidence-based resources aim to support schools, colleges and practitioners working with traumatically bereaved children and young people.	Traumatic Bereavement | UKTC (uktraumacouncil.org)

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RESOURCES

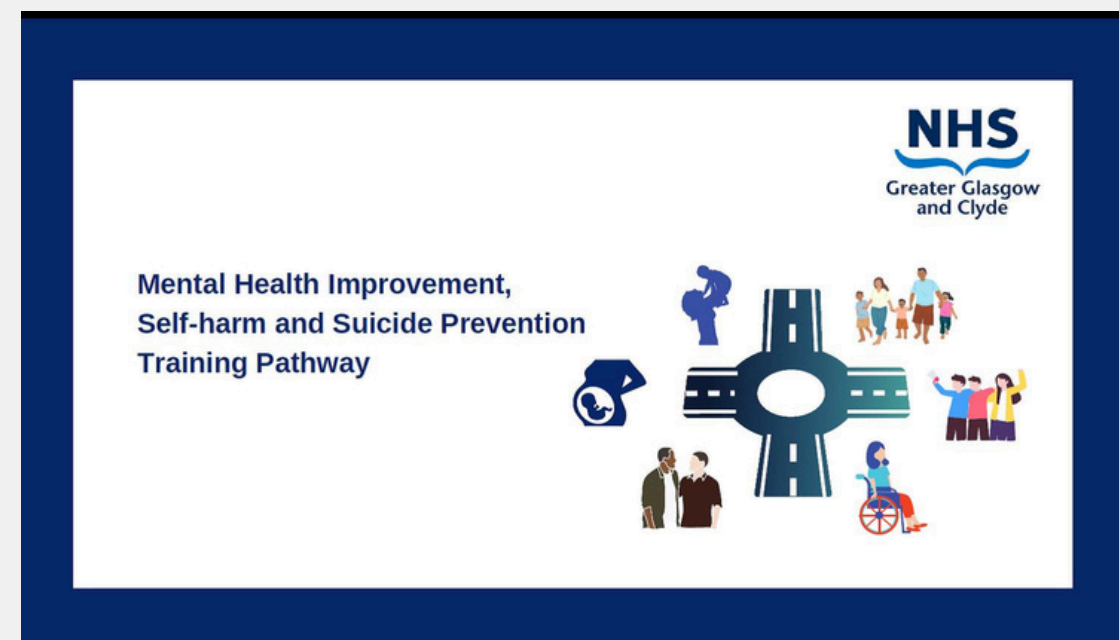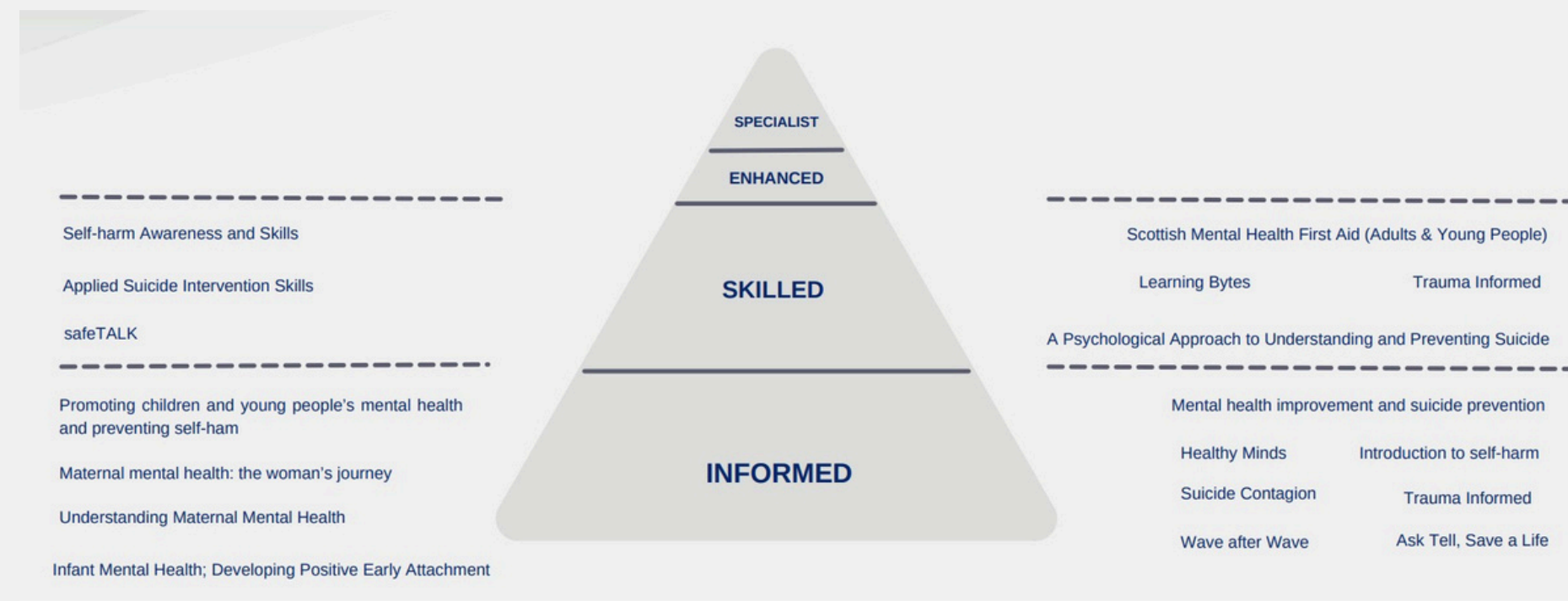| Name	Description	Target Group	Additional Information	Access
One Good Adult	This film shares the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.	P6/7- S6	The Healthy Minds Resource (under capacity building section) hosts a OGA session, which can be delivered to staff to help promote the importance of the OGA concept. Can also be tailored to C&YP to help them understand the importance of having a OGA The Resilience Toolkit also hosts a OGA activity.	Child and Youth Mental Health - NHSGGC
Self-harm Resources and Supports	A comprehensive resource containing information on self-harm learning, resources, APPs and helplines to support people and advise people who are using self-harm as a coping strategy.	Anyone working with CYP and/or adults using self-harm as a coping strategy	Refer to the capacity building and learning section for information on self-harm training and learning opportunities.	https://www.nhsggc.scot/downloads/self-harm-resources-supports-july-2023/
Suicide Prevention Resources and Supports	A comprehensive resource containing information on suicide prevention learning, resources, APPs and helplines to support and advise to people who are at risk of suicide.	Anyone working with CYP and/or adults at risk of suicide.	Refer to the capacity building and learning section for information on suicide prevention training and learning opportunities.	https://www.nhsggc.scot/downloads/suicide-prevention-week-2023-resources/

LEARNING AND CAPACITY BUILDING

Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway

The NHS Greater Glasgow and Clyde Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway reflects the NHS Education for Scotland Mental Health Improvement and Suicide Prevention Framework; Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self-harm and Suicide Prevention.

The pathway is a tool to encourage the public health workforce to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health. The resource is not a training calendar but rather a reference and guidance document to help individuals, teams and organisations explore potential training opportunities that are available, and whilst not exhaustive it can support navigation through the relevant and appropriate levels according to roles.

Click on image to download pathway

SPECIALIST

ENHANCED

Self-harm Awareness and Skills

Applied Suicide Intervention Skills

safeTALK

Promoting children and young people's mental health and preventing self-ham

Maternal mental health: the woman's journey

Understanding Maternal Mental Health

Infant Mental Health; Developing Positive Early Attachment

SKILLED

INFORMED

Scottish Mental Health First Aid (Adults & Young People)

Learning Bytes   Trauma Informed

A Psychological Approach to Understanding and Preventing Suicide

Mental health improvement and suicide prevention

Healthy Minds   Introduction to self-harm

Suicide Contagion   Trauma Informed

Wave after Wave   Ask Tell, Save a Life

STAFF HEALTH AND WELLBENG

Name	Description	Target Group	Additional Information	Access
Adult Mental Health Useful Helplines, Websites and APPS	A resource that offers a comprehensive selection of various websites, helplines and APP supports available to adults.	Adults	Themed to include general mental health issues, bereavement, loneliness & isolation, LGBT, sexual health, disability, BAME, domestic violence, long term conditions and criminal justice.	Adult Mental Health Helplines and Websites - NHSGGC
Healthy Minds Pocket Guide	Provides details of a mental health support organisation in each of the 6 Health and Social Care Partnerships; East Dunbartonshire, East Renfrewshire, Inverclyde, Glasgow City, Renfrewshire, West Dunbartonshire. It also provides helpful tips for looking after your mental health and wellbeing and who to contact if you feel someone is in distress.	Adults	Can be downloaded or hard copies ordered from Public Health Resources Directory.	mh-credit-card-resource - NHSGGC Order hard copies from Public Health Resources Directory

ORDERING RESOURCES FROM THE PUBLIC HEALTH RESOURCE DIRECTORY

- To order publications highlighted in this resource document please use the link **www.phrd.scot.nhs.uk**

- If you have not already registered, you will be required to create an account. All publications are **free** to order.

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