

## Appendix 2

RESOURCE PACKS			
Name	Description	How to access	Age Group
Positive Mental Attitudes (PIMA)	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. 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 from <a href="#">Healthy Minds Resource - NHSGGC</a>	P7-S6
What's on your mind?	A resource pack developed by See Me, to help build young peoples' confidence, understanding off stigma and discriminations and taking action.	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>	S1-S6
Developing Emotional Awareness and Listening (DEAL)	A resource developed by Samaritans for teachers and practitioners to help develop resilience in young people.	Download from <a href="http://www.samaritans.org/education/deal">http://www.samaritans.org/education/deal</a>	S3-S6
Let's talk about mental health	A resource pack developed by Quarriers for those who want to support children in building resilience to help tackle mental health issues if and when they arise.	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>	P3-P7
Resilience Toolkit	A resource that provides a range of activities to help promote and develop resilience in young people.	Download from <a href="https://www.seemescotland.org/media/8155/resilience-toolkit.pdf">https://www.seemescotland.org/media/8155/resilience-toolkit.pdf</a>	P7-S6
GUIDANCE/TOOLKITS			
A whole school approach to loss and bereavement toolkit	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.	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>	Primary Secondary
Guidance and resources for schools in supporting children impacted by imprisonment	A resource developed by Families Outside aims 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.	Download from <a href="https://www.familiesoutside.org.uk/publications/schools/">https://www.familiesoutside.org.uk/publications/schools/</a>	Primary Secondary
DIGITAL			
Aye Mind	Website for anyone working with and supporting young people. Hosts a range of quality assured mental health apps and websites	Visit <a href="http://www.ayemind.com">www.ayemind.com</a>	Staff supporting C&YP
One Good Adult	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 short clip shares the benefits of having a supportive and trusted adult and encourages young people to think about who theirs might be.	Download from <a href="https://www.youtube.com/watch?v=nuEHXTQNE-k">https://www.youtube.com/watch?v=nuEHXTQNE-k</a>	P6/7- S6

RESOURCES			
Transforming Child and Youth Mental Health Booklet/Poster	A resource highlighting the key 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 NHSGGC child and youth mental health improvement and early intervention framework.	Download from <a href="https://www.nhsggc.scot/download/137481_child-and...h_poster_final-2/">https://www.nhsggc.scot/download/137481_child-and...h_poster_final-2/</a>	Staff working with 5-18
CAPACITY BUILDING			
Healthy Minds	A resource to support implementation of the NHSGGC Mental Health Improvement frameworks (adult & child and youth). The resource aims to promote a universal basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. It aims to empower individuals, partners and organisations to recognise we all have a role in promoting and supporting mental health and you don't have to be an "expert" to do this.	Download from <a href="#">Child and Youth Mental Health - NHSGGC</a>	Staff Primary Secondary
Understanding mental health: e learning module	This free e learning module is 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.	A free online module with 6 sections to progress. Please visit <a href="http://www.northlanmindset.org.uk">www.northlanmindset.org.uk</a> to register and complete the module.	Staff
Understanding Self harm: e learning module	This free e learning module is for people who have no previous training in this area. It gives an overview of the area of self-harm and how those who do self-harm can be supported.	A free online module with 6 sections to progress. Please visit <a href="http://www.selfharmlifelines.org.uk">www.selfharmlifelines.org.uk</a> to register and complete the module.	Staff
STAFF WELLBEING			
Heads Up	Offers mental health advice, and information, on mental health conditions - about 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.	Visit: <a href="http://headsup.scot/">http://headsup.scot/</a>	Senior pupils Staff
NHS Living Life	A free telephone based service for people feeling low, anxious or stressed.	Visit: <a href="https://www.nhs24.scot/our-services/living-life/">https://www.nhs24.scot/our-services/living-life/</a> Tel: 0800 328 9655	16+
Breathing Space	A free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.	Visit <a href="https://breathingspace.scot/">https://breathingspace.scot/</a> Tel: 0800 83 85 87	16+
Samaritans	Free and confidential support to anyone, any age.	Tel: 116 123	Any age