

**Mental Health Improvement  
Resources for Schools and  
Youth Organisations**



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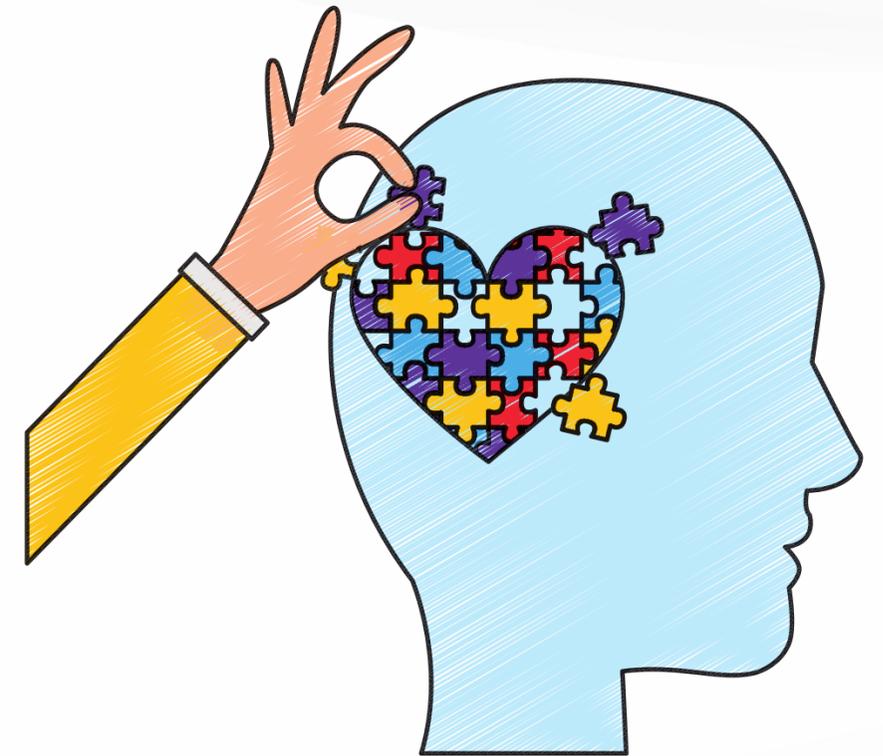
# INTRODUCTION

This document offers a range of suggested resources that can be used to protect, promote and support the mental health and wellbeing of children and young people (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's 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.



# RESOURCE PACKS

Name	Description	Age group/ CFE Level	Additional Information	How to 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  Early, First & Second	Comes with notes for parents and adults on how to use it.	<b>Download from:</b> <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>
The Compassionate and Connected Classroom: A health and wellbeing resource	Designed to specifically build teacher confidence and support the emotional and mental wellbeing of children.	P6-P7  Second	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.	<b>Download from:</b> <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>
Developing Emotional Awareness and Listening (DEAL)	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 the sessions are also suitable for younger pupils.	<b>Download from:</b> <a href="http://www.samaritans.org/education/deal">http://www.samaritans.org/education/deal</a>

# RESOURCE PACKS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
I Am Me	Designed to specifically build teacher confidence and support the emotional and mental wellbeing of children.	P6-P7  Second	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.	<b>Download from:</b> <a href="https://iammescotland.co.uk/resources">https://iammescotland.co.uk/resources</a>
Let's Talk About Mental Health	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.	<b>Download from:</b> <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>
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  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.	<b>Download from:</b> <a href="#">Resources and Planning Tools - NHSGGC</a>

# RESOURCE PACKS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Positive Mental Attitudes	Supports 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.	<b>Download from:</b> <a href="#">NHSGGC : Positive Mental Attitudes Curriculum Pack</a>
Relationships, Sexual Health and Parenthood Programme	The national resource for relationships, sexual health and parenthood (RSHP) education for children and young people. Content includes lessons on emotions, friendships, relationships and feeling safe.	Early Years - S6 including ASN)  All levels	Can be used in early learning settings, schools, colleges and community-based learning.  All schools receive training from NHSGGC Sexual Health Team.	<b>Download from:</b> <a href="https://rshp.scot/">https://rshp.scot/</a>
What's On Your Mind?	A resource to help build young peoples' confidence, understanding off stigma and discrimination and taking action.	S1-S6  Third, Fourth & Senior	Developed by See Me. 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.	<b>Download from:</b> <a href="https://www.seemescotland.org/young-people/whats-on-your-mind/">https://www.seemescotland.org/young-people/whats-on-your-mind/</a>

# GUIDANCE AND TOOLKITS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Coronavirus: resources to support the return to school	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.	<b>Download from:</b> <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>
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  All levels	Developed by LGBT Youth Scotland.	<b>Download from:</b> <a href="https://www.lgbtyouth.org.uk/media/1585/lgbtys-curriculum-inclusion.pdf">https://www.lgbtyouth.org.uk/media/1585/lgbtys-curriculum-inclusion.pdf</a>
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  All Levels	Developed by Families Outside. Includes links to books, film clips and lesson ideas.	<b>Download from:</b> <a href="https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/">https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/</a>

# GUIDANCE AND TOOLKITS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
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  Second, Third, Fourth & Senior	Developed by Glasgow South Sector C&YP Health Improvement Team in partnership with South Strategic Youth HWB Group.	<b>Download from:</b> <a href="#">Resources and Planning Tools - NHSGGC</a>
Self Harm Guidance	A range of information for staff providing support and advice to people who may be self harming. This update gathers in one place information relating to learning, useful resources and websites, helplines and keeping safe.	P1- S6  All levels	In the absence of in person training the NHS Greater Glasgow and Clyde Self Harm Forum have created this guidance for those supporting or in contact with someone using self harm as a coping strategy.	<b>Download from:</b> <a href="#">Self-Harm Resources and Supports - NHSGGC</a>
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  All levels	Developed by LGBT Youth Scotland.	<b>Download from:</b> <a href="https://www.lgbtyouth.org.uk/media/1344/supporting-transgender-young-people.pdf">https://www.lgbtyouth.org.uk/media/1344/supporting-transgender-young-people.pdf</a>

# PLANNING TOOLS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
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.	5-18  All Levels	This is not an exhaustive list of policy drivers.	<b>Download from:</b> <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>
A Knowledge and Skills Framework: A whole school approach to self harm awareness and training	Structured to reflect national training frameworks. Developed to support schools to consider how they may implement a whole school approach to self harm awareness and training.	P1- S6  All levels	Schools can populate with resources and information to reflect the needs of their establishment.	<b>Download from:</b> <a href="#">WholeSchoolApproachtoSelfHarm (nhsggc.org.uk)</a>
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.	P1- S6  All levels	This can be used by any organisation working with children and young people.	<b>Download from:</b> <a href="#">Mental Health Improvement and Early Intervention Framework for Children and Young People - NHSGGC</a>

# DIGITAL

Name	Description	Age group/ CFE Level	Additional Information	How to Access
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	<b>Visit</b> <a href="http://www.ayemind.com">www.ayemind.com</a>
Aye Mind Twitter	Shares up to date information on C&YP mental health including resources, research and sharing good practice.	Staff	Opportunity for schools and youth organisations to share and promote mental health practice and resources.	<b>Follow</b> @AyeMind99
One Good Adult (OGA)	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	The Healthy Minds Resource (under capacity building) hosts a OGA session, 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.	<b>Download from:</b> <a href="#">Child and Youth Mental Health - NHSGGC</a>

# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to 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.	P5 - S6  All Levels	Can be personalised by organisations and establishments to promote local, board wide and national supports. It can be wiped clean and re-used to keep information up to date.	<p><b>Download from:</b>  <a href="https://www.nhs.uk/resources/325462/A2_poster-young">325462 A2 poster-young</a>  <a href="https://www.nhs.uk/resources/325462/A2_poster-young">.nhs.uk</a></p> <p><b>and/or order copies from</b>  <b>Public Health Resource</b>  <b>Directory.</b></p> 

# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Child and Youth Mental Health Supports	Provides a comprehensive overview of the range of mental health online and helpline supports available to children and young people.	P1-S6  All Levels	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.	<b>Download from:</b> <a href="#">cyp-helplines-websites-3 - NHSGGC</a>
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.	All ages	Strategies can also be used to support adult mental health.  <b><u>Available in 10 different languages (only downloadable at NHSGGC : Loss and Bereavement)</u></b>	<b>Download from:</b> <a href="#">324134a-grief-poster-ggc.pdf (nhsoggc.org.uk)</a>  <b>and/or order from Public Health Resources Directory.</b>  



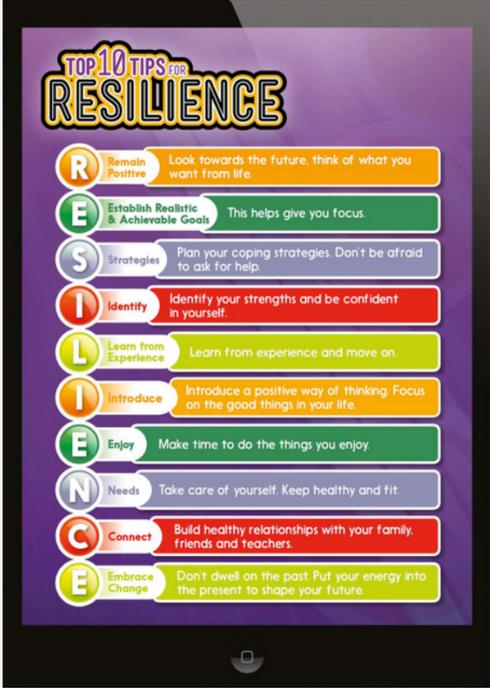
# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
NHSGGC Public Health Resources Directory	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.	<p><b>Visit:</b> <a href="http://www.phrd.scot.nhs.uk">www.phrd.scot.nhs.uk</a></p> 
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- Senior (including colleges)  All levels	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.	<p><b>Download from:</b> <a href="http://TraumaticBereavement.UKTC.org">Traumatic Bereavement   UKTC (uktraumacouncil.org)</a></p> 

# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Perinatal Mental Health Guide	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.	<p><b>Download from:</b>  <a href="https://www.nhsggc.org.uk/media/260256/pnmhguide-final.pdf">https://www.nhsggc.org.uk/media/260256/pnmhguide-final.pdf</a></p> <p><b>an/or order from Public Health Resources Directory.</b></p> 

# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Resilience Poster	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 10 different languages (only downloadable at <a href="#">NHSGGC : Resilience Toolkit</a> )	<p><b>Download from:</b>  <a href="#">Resilience Toolkit: Top 10 Tips for Resilience - NHSGGC</a></p> <p>and/or Order from Public Health Resources Directory.</p> 

# RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
<p>Transforming Child and Youth Mental Health Booklet</p>	<p>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</p>	<p>5-18  All Levels</p>	<p>Opens out into the top ten tips for resilience poster.</p> <p>An adult version also available which can be shared with parents/carers and staff.</p>	<p><b>Download from:</b> <a href="https://www.nhs.uk/resources/137481-child-and-youth-mh-poster-final-2.pdf">137481_child-and-youth_mh_poster_final-2.pdf</a> (<a href="https://www.nhs.uk">nhs.uk</a>)</p> <p><b>and/or order from Public Health Resources Directory</b></p> 

# CAPACITY BUILDING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
<p>Children and Young People's Mental Health and Wellbeing: A Professional Learning Resource For All School Staff</p>	<p>The resource takes a whole school approach centred around prevention and early intervention to promote positive mental health and wellbeing for everyone in the school community. It aims to provide school staff with knowledge and understanding of mental health and wellbeing in schools and a range of opportunities to learn about experiences and advice from practitioners and young people.</p>	<p>Staff</p>	<p>You must create an account to access resource.</p> <p>There are four main sections split into bitesize topics. The core content should take around 6-7 hours to complete and there are suggestions for further learning. Learners can move through topics at their own time and pace in any order.</p>	<p><b>Download from:</b> <a href="https://www.cypmh.co.uk/">https://www.cypmh.co.uk/</a></p>
<p>Healthy Minds Resource Pack</p>	<p>An awareness raising resource 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.</p>	<p>P5- S6  Staff</p>	<p>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&amp;YP or adults.</p>	<p><b>Download from:</b> <a href="#">Healthy Minds Resource - NHSGGC</a></p>

# CAPACITY BUILDING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Healthy Minds Information Session	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.	<p><b>Download from:</b>  <a href="#">Healthy Minds Resource - NHSGGC</a></p> 
Online Training	A range of free online learning opportunities relating to Mental Health across the life course	16+	Continues to be updated please visit <a href="#">NHSGGC : Training and Capacity Building</a> to keep up to date with new opportunities available.	<p><b>Access at:</b>  <a href="#">Online Learning Resources Update - Mental Health - NHSGGC</a></p>



# CAPACITY BUILDING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Understanding mental health: e-learning module	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+	Free to access	<b>Access at:</b> <a href="http://www.northlanmindset.org.uk">www.northlanmindset.org.uk</a>
Understanding Self harm: e-learning module	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+	Free to access	<b>Access at:</b> <a href="http://www.selfharmlifelines.org.uk">www.selfharmlifelines.org.uk</a>

# STAFF HEALTH AND WELLBENG

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Adult Mental Health Supports	A document that provides a comprehensive overview of the range of mental health online and helpline supports available to adults.	16+	This resource has been themed for ease of use; themes include general mental health issues, bereavement, loneliness & isolation, LGBT, sexual health, disability, BAME, domestic violence, long term conditions and criminal justice.	<p><b>Download from:</b>  <a href="#">Adult Mental Health Helplines and Websites - NHSGGC</a></p>
Adult Transforming Mental Health Booklet	Highlights the key mental health issues for adults recommended staff training, useful resources, websites and top ten tips for resilience poster.	16+	Can be opened up and displayed as poster.	<p><b>Access at:</b>  <a href="#">adult_mh_poster_v6-2.pdf</a>  <a href="http://nhsggc.org.uk">.nhsggc.org.uk</a></p> <p><b>and/or order from Public Health Resources Directory</b></p>

# STAFF HEALTH AND WELLBEING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Breathing Space	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	<b>Visit:</b> <a href="https://breathingspace.scot/">https://breathingspace.scot/</a>  <b>Tel: 0800 83 85 87</b>
Heads Up	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 NHS Greater Glasgow and Clyde	<b>Visit:</b> <a href="#">Heads Up - Mental Health Support - NHSGGC</a>

# STAFF HEALTH AND WELLBEING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
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.	16+	Can be downloaded or hard copies ordered from Public Health Resources Directory.	<p><b>Download from:</b>  <a href="#">mh-credit-card-resource - NHSGGC</a></p> <p><b>and/or order from</b>  <b>Public Health Resources Directory</b></p> 

# STAFF HEALTH AND WELLBEING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
NHS Living Life	A free telephone based service for people over the age of 16 feeling low, anxious or stressed.	16+	Open Mon-Fri 1pm -9pm	<b>Visit:</b> <a href="https://www.nhs24.scot/our-services/living-life/">https://www.nhs24.scot/our-services/living-life/</a>  <b>Tel: 0800 328 9655</b>

# ORDERING RESOURCES

- To order publications highlighted in this resource document please use the link [www.phrd.scot.nhs.uk](http://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.
- Please note that NHSGGC Stores is not the publications base, it is a central store for distribution of goods across the NHSGGC area.
- If you work for NHSGGC and are based within an NHSGGC premises you will generally have the publications you have ordered delivered by the internal transport system: this covers Acute Sites, Health staff and contractors e.g. GP's who are in NHSGGC premises, Health Centres and Clinics.
- For clients who are not based in NHSGGC premises you have the option to either have your orders delivered to your nearest NHSGGC premise (you will require permission to do this and use a named contact within the NHSGGC base) or if it is more suitable for you, you are able to collect from the NHSGGC Central Stores in Dava Street.
- If you choose to collect your order from Dava Street you will be contacted by Central Stores staff when your order is ready for collection, please note you should not try and collect your order before you have been contacted. The full address is NHSGGC Central Stores, 21 Dava Street, Govan, G51 2JA
- If you require assistance placing orders, please email the Public Health Information Management team: [perl@ggc.scot.nhs.uk](mailto:perl@ggc.scot.nhs.uk)