

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



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INTRODUCTION

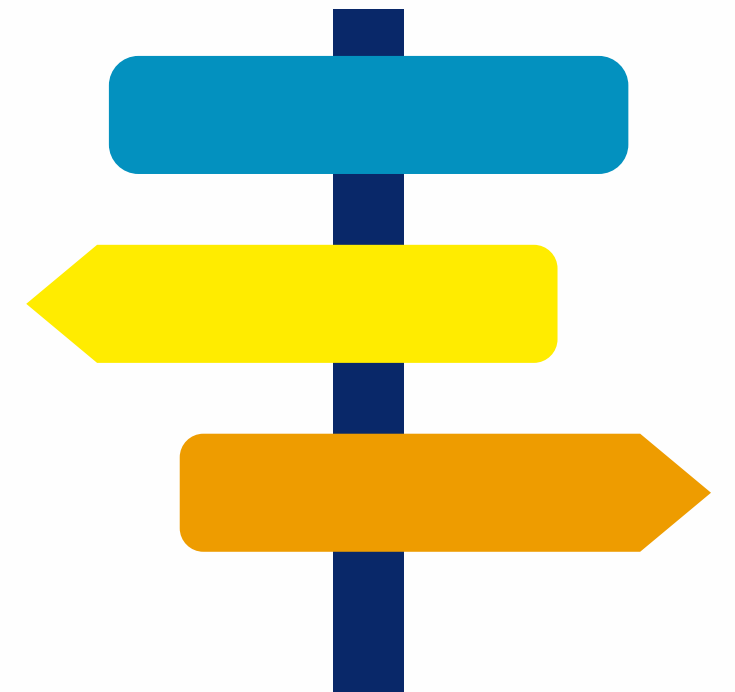
This document offers a range of suggested resources that can be used to protect, promote and support the mental health and wellbeing of children and young people. Whilst this is not an exhaustive list, the resources highlighted have been developed by Education and Health colleagues and National Mental Health organisations. Mental health is everyone's business and you do not have to be an expert to be having conversations about mental health. The majority 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 children and young people 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 safeguarding protocols available for children and young people who may be experiencing difficulties, or who know of friends and family members in this position.

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

For more information, visit the NHS Greater Glasgow and Clyde's [Mental Health Improvement Team's website](#).



GUIDANCE

Name	Description	Age group/ CFE Level	Additional Information	How to Access
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.	Download from: https://www.lgbtyouth.org.uk/media/1585/lgbtys-curriculum-inclusion.pdf
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.	Download from: https://www.familiesoutside.org.uk/guidance-and-resources-for-schools/
Supporting the Mental Health and Wellbeing of Children and Young People	A guide for parents, carers, teachers who support children and young people. Includes a series of videos from children and young people who explain what they need from the adults around them when they are experiencing emotional distress.	P1 - S6 All levels	Developed by Charlie Waller Trust, the Charlie Watkins Foundation, and Boys in Mind.	Download from: Supporting the Mental Health and Wellbeing of Children and Young People
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 the Scottish Government.	Download from: Supporting Transgender Young People - Guidance for Schools in Scotland

PLANNING TOOLS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
<p>Child and Youth Mental Health Policy Landscape</p>	<p>Highlights some of the key policy drivers; how they interconnect to ensure we are Getting it Right for Every Child. The resource can be used to plan for mental health improvement activities.</p>	<p>5-18 All Levels</p>	<p>This is not an exhaustive list of policy drivers.</p>	<p>Download from: Policy Landscape Document</p>
<p>A Knowledge and Skills Framework: A Whole Establishment Approach to Self-Harm Training and Awareness for Early Years and Schools</p>	<p>Structured to reflect national training frameworks. Developed to support schools and early years establishments to consider how they may implement a whole school approach to self harm awareness and training.</p>	<p>P1- S6 All levels</p>	<p>Schools and early years establishments can populate with resources and information to reflect their needs.</p> <p>If this resource is used by schools and early years, they should always refer to the Scottish Government's Mental Health and Wellbeing: Whole School Approach: Framework</p>	<p>Download from: https://www.nhsggc.scot/downloads/wsa-self-harm-feb2023/</p>
<p>NHSGGC Child and Youth Prevention and Early Intervention Framework</p>	<p>An evidence based framework to support partners and organisations plan and prioritise for child and youth mental health improvement.</p>	<p>P1- S6 All levels</p>	<p>This can be used by any organisation working with children and young people.</p>	<p>Download from: Mental Health Improvement and Early Intervention Framework for Children and Young People - NHSGGC</p>

RESOURCE PACKS AND TOOLKITS

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	Provides teachers and practitioners with lots of different ways to help pupils build inner strength and improve their wellbeing.	Download from: https://education.gov.scot/resources/resilience-alphabet/
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.	Download from: https://education.gov.scot/improvement/learning-resources/compassionate-and-connected-classroom#
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.	Download from: http://www.samaritans.org/education/deal

RESOURCE PACKS AND TOOLKITS

Name	Description	Age group/ CFE Level	Additional Information	How to Access
I Am Me	Designed to specifically build teacher confidence around the range of disabilities, reduce barriers for disabled people, 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.	Download from: https://iammescotland.co.uk/resources
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.	Download from: https://quarriers.org.uk/wp-content/uploads/2017/07/Mental-health-for-children.pdf
Mentally Healthy Schools	Hosts a range of quality-assured mental health resources, information and advice for schools and further education settings.	P1 - S6 All levels	Includes a range of resource packs, toolkits and activities. Supports practitioners to introduce mental health into the classroom, develop professional knowledge, have conversations about mental health.	Download resources from: https://mentallyhealthyschools.org.uk/

RESOURCE PACKS AND TOOLKITS

Name	Description	Age group/ CFE Level	Additional Information	How to 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 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 (Self Harm - Resources Section): https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/self-harm/
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.	Download from (Resources and Planning Tools - Children and Young People - Resources for Schools): Positive Mental Attitudes
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.	Download from: https://rshp.scot/


RESOURCE PACKS 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.	Download from: https://www.nhsggc.scot/downloads/resilience-toolkit-2/
What's On Your Mind?	A resource to help build young peoples' confidence, understanding of 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.	Download from: https://www.seemescotland.org/young-people/whats-on-your-mind/
Aye Mind - Digital Technologies and Mental Health Toolkit	A introductory guide for professionals working with young people. Helps build confidence in using digital technologies to support children and young people's mental health and wellbeing.	P1 - S6 All levels	This toolkit covers the basics of digital technologies and how they relate to youth mental health. There are various chapters on a range of topics including children and young people's online lives, digital tools, risks and vulnerabilities, how to start your digital journey, and more.	Download from: Aye Mind Toolkit

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 children and young people 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>Download from: 325462 A2 poster-young (nhs.gov.uk)</p> <p>And/or order copies from Public Health Resource Directory.</p> 
Child and Youth Mental Health Apps, Websites, and Helplines	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.	<p>Download from: cyp-helplines-websites-3 - NHSUK</p>

RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
<p>Grief After a Bereavement Poster</p>	<p>A resource sharing information on healthy ways in which we can manage our grief. Available to download in various languages.</p>	<p>All ages</p>	<p>Strategies can also be used to support adult mental health.</p> <p>Available to download in 10 different languages, including Arabic, Cantonese, Farsi, Kurdish Sorani, Mandarin, Polish, Punjabi, Romanian, Slovak, Urdu</p>	<p>Download from: 324134a-grief-poster-ggc.pdf (nhsggc.org.uk).</p> <p>And/or order from Public Health Resources Directory.</p> 
<p>NHSGGC Public Health Resources Directory</p>	<p>This hosts a range of mental health resources for adults and child and young people</p>	<p>All Ages</p>	<p>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>	<p>Visit: www.phrd.scot.nhs.uk</p>

RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Self-Harm Resources and Supports	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	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.	Download from: Self-Harm Resources and Supports - NHSGGC
Suicide Prevention Resources and Supports	A range of information for staff looking to improve their knowledge and understanding of suicide prevention. It gathers in one place information relating to learning, useful resources, websites, helplines, apps, and keeping safe.	P1- S6 All levels	Information that has been included is targeted at the informed and skilled level as set out in the Mental Health Improvement and Prevention of Suicide and Self-Harm Framework .	Download from: Suicide Prevention Resources and Supports
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.	Download from: Traumatic Bereavement UKTC (uktraumacouncil.org)

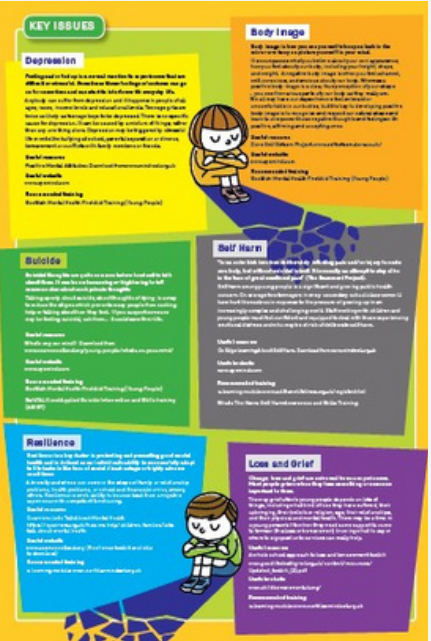
RESOURCES

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Perinatal and Infant 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>Download from: https://www.nhsggc.scot/downloads/341841_1_0-pnmhggc-guide_s/</p> <p>And/or order from Public Health Resources Directory.</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 children and young people.	P4-S6 First, Second, Third, Fourth & Senior	Strategies can also be used to support adult mental health. Available to download in 10 different languages, including Arabic , Farsi , Kurdish Sorani , Polish , Punjabi , Romanian , Simplified Chinese , Slovak , Traditional Chinese , Urdu .	<p>Download from: Resilience Poster: Top 10 Tips for Resilience - NHSGGC</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>Download from: https://www.nhsggc.scot/downloads/transforming-child-and-youth-mental-health-poster/</p> <p>And/or order from Public Health Resources Directory</p> 

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 children and young people.	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 www.ayemind.com
Aye Mind Twitter	Shares up-to-date information on children and young people's 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.	Follow @AyeMind99

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>Download from: https://www.cypmh.co.uk/</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 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 children and young people or adults.</p>	<p>Download from: Healthy Minds Resource - NHSGGC</p>

CAPACITY BUILDING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Healthy Minds Information Session (Number 00)	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: Healthy Minds Resource - NHSGGC
Health Improvement, Self-harm and Suicide Prevention Training Pathway	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.	Staff	The resource is not a training calendar but rather a reference and guidance document.	Download from: Health Improvement, Self-harm and Suicide Prevention Training Pathway
Online Training	A range of free online learning opportunities relating to Mental Health across the life course.	16+	Continues to be updated please visit NHSGGC : Training and Capacity Building to keep up to date with new opportunities available.	Access at: Online Learning Resources Update - Mental Health - NHSGGC

CAPACITY BUILDING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
National Trauma Training Programme	A document summarising key trauma training resources that are openly available to support all members of the Scottish workforce to adopt trauma-informed practice.	Staff	Includes visual resources and key trauma training resources at informed, skilled, enhanced and specialist levels.	Access at: National Trauma Training Programme
Training in psychological skills – early intervention for children (TIPS-EIC)	Training that aims to equip staff to deliver psychologically informed practices and interventions to children and young people who have elevated levels of distress but who would not meet the criteria for a referral to tier three CAMHS.	Staff	The resources are evidence and competency-based and aligned to the NES child and adolescent mental health service (CAMHS) MATRIX.	Access at: https://www.nes.scot.nhs.uk/our-work/training-in-psychological-skills-early-intervention-for-children-tips-eic/

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>Download from: Adult Mental Health Helplines and Websites - NHSGGC</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>Access at: Adult Transforming Mental Health</p> <p>And/or order from Public Health Resources Directory</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 – 2 am and weekends 6pm to 6am	Visit: https://breathingspace.scot/ Tel: 0800 83 85 87
Daylight [App]	Daylight is a clinically proven digital treatment that uses Cognitive Behavioural Therapy (CBT) techniques to help people gain control over their anxiety. Individuals will receive techniques tailored to them, to help manage it.	18+	Daylight is free to people aged 18+ in Scotland	Access via: https://onboarding.trydaylight.com/daylight/nhs/144#1/1

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>Download from: mh-credit-card-resource - NHSGCC</p> <p>And/or order from Public Health Resources Directory</p> 

STAFF HEALTH AND WELLBEING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
NHS Inform Mental Wellbeing	A website offering advice and support on how to deal with low mood, anxiety, phobias, stress, and where you can get support.	All	Features personal stories on how others have improved their mental wellbeing.	Visit: https://www.nhsinform.scot/healthy-living/mental-wellbeing
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	Visit: https://breathingspace.scot/living-life/ Tel: 0800 328 9655

STAFF HEALTH AND WELLBEING

Name	Description	Age group/ CFE Level	Additional Information	How to Access
Sleepio [App]	Sleepio is a clinically proven app which helps people to get a better night's sleep. Designed to be used on a computer, a tablet or a phone, it offers a personalised program to help overcome insomnia.	18+	Sleepio is free for people aged 18+ in Scotland.	Access via: https://onboarding.sleepio.com/sleepio/nhs/120#1/1

ORDERING RESOURCES

- 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.
- 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