Mental Health Improvement and Early Intervention Framework for Children and Young People and the Resilience Toolkit

One Good Adult

Supports staff to recognise the importance of the one good adult concept in supporting young people's mental health. Helps young people to identify a one good adult in their lives

Resilience Development in Schools

Encourages schools to offer curricular lessons to support the development of resilience in young people

Resilience Development in Communities

Provides staff with a tool to promote the development of resilience in young people and helps support the national outcomes for youth work in Scotland

Guiding Through the Service Maze

Encourages staff and young people to identify coping strategies and services that can support their mental health

Responding to Distress

Promotes the development of resilience in young people encouraging them to seek help if they find themselves in situations of distress Peer Help and Social Media

Encourages young people to connect with friends and the importance of building relationships in their lives

The strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having Getting it Right for Every Child core values and principles at the heart of it.



Evidence demonstrates that there is no single intervention, therapy or programme that delivers mental wellbeing at a population level. Rather that children and young people require a number of prerequisites to develop resiliently and that these prerequisites span the school, family and community life of young people.

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