

## **Community Services: Education**





Overview of Mental Health Resources	4
General Mental Health	
Emotions and Mood	
Nurture and Attachment	(
Relationships and Behaviour	
Trauma and ACEs	8
Bereavement	
Suicide and Solf Harm	1 .

## Overview of Mental Health Resources

We hope you find the following document useful in directing you towards

### General Mental Health

Content: Framework to follow to promote resilience in children and young

people

Audience: Schools, Education, Other professionals

Children's Mental Health Week

Content: Activities and resources relating to

Place 2 Be Audience: Schools

School Accommodations to Assist Anxious Children (Worry Wise Kids)

Content: Ideas for accommodations that could be made in school to

support anxious children

Audience: Schools

Strategies to Support Anxious Children in the Classroom (WayAhead)

Content: Advice and resources to support anxious children

Audience: Schools

What is Anxiety? (Anxiety BC)

Content: Information about the physical aspects of anxiety

Audience: Schools, Parents/caregivers, CYP

Y@æq•Á[}Á^[ˇ;ÁTã}åÑÁÜ^•[ˇ;&^Á]æ&\Á~[;Ác^æ&@^;•Áæ}åÁ•cˇå^}c•ÁÇÙ^^ÁT^D

Content: Resources and lesson plans around emotions and mood

Audience: Schools

Emotions and the Brain

Content: Video explaining how emotions are processed in the brain

Audience: All

Internal Struggles by Dr. Russ Harris

Content: Video describing the link between thoughts and feelings

Audience: All

The Struggle Switch by Dr Russ Harris
Content: Video describing anxiety and stre

Audience: All

Living Life to the Full

Content: Free online courses looking at low mood, stress and resiliency.

Audience: All

Samaritans, DEAL: Developing Emotional Awareness and Listening

Content: Teaching resource and lesson plans for secondary schools

Audience: Secondary schools

Dealing with Depression

Content: Online resource providing information and resources on how to

cope with depression

Audience: Individuals, Schools, CYP

Wellbeing Workbooks - University of Exeter

Content: Self-help workbooks on low mood, stress, and anxiety

Audience: Older children/young people

<u>YoungMinds</u>

Content:

Audience: CYP, Parents/caregivers

Dove Self Esteem Project

Content: Resources and lesson plans on how to promote self-esteem

Audience: Schools, Education

<u>Mindfulness Brain Hand Model Dan Siegel Empathy and Cognition</u>
Content: Video giving a helpful and simplified view of the brain and

emotions Audience: All

#### Nurture and Attachment

Attachment Matters for All (CELCIS)

Content: Comprehensive evidence report looking at having more attachment-

informed practices

Audience: Education, Other professionals

Attunement Principles - Observation checklist

Content: Observational tool to support the development of awareness of attunement principles and nurturing approaches in education settings

Audience: Schools, Early Years, Education

How Nurturing is my Classroom? (East Renfrewshire Council)

Content: Self-evaluation tool for staff to evaluate how nurturing their

classroom is

Audience: Schools

Applying Nurture As A Whole School Approach (Education Scotland)

Content: Framework to support self-evaluation of nurturing approaches in

schools

Audience: Schools, Education, Early Years

Nurture Groups: A Handbook for Schools (Welsh Government)

Content: Information pack on nurture groups in schools

Audience: Schools, Education

The Nurture Room Film . Support Material (The Nurture Group Network)

Content: Support material and questions to go alongside Nurture Room film

Audience: Schools, Education

What is meant by PACE? (DDP Network)

Content: Description of the PACE (Playfulness, Acceptance, Curiosity and

Empathy) approach

Audience: All

The Nurture Room Film

Content: Documentary about nurture groups in Glasgow (YouTube, 1 hr 29

mins plus adverts)

Audience: Schools, Education

Nurture UK (previously known as the Nurture Group Network) -

Content: Resources relating to nurture groups including online shop where

Boxall profile/Nurture start-up kit can be purchased

Audience: Schools, Education

#### Trauma and ACEs

Beacon House Resources

Content: Variety of downloadable resources on trauma, mental health, and

resilience.

Audience: Education, Schools, Other Professionals, Parents/caregivers

<u>Polishing the Diamonds: Addressing Adverse Childhood Experiences in Scotland (ScotPHN)</u>

Content: Comprehensive evidence-based report on ACEs in the Scottish

context

Audience: Education, Other professionals

Helping Traumatized Children (Child Trauma Academy)

Content: Guidance on how to support children who have experienced trauma Audience: Schools, Education, Other professionals, Parents/caregivers

Nurture, Adverse Childhood Experiences and Trauma informed practice: Making links (Education Scotland)

Content: Information and guidance on how to be more trauma and ACE

informed

Audience: Schools, Education, Other professionals

Trauma Responsive Education - Making SPACE for learning

Content: Resources and training opportunities on trauma awareness in

education

Audience: Schools

# Helping children and young people to cope with trauma (South Lanarkshire Council)

Content: Information on the effects of trauma and guidance on how to support children and young people South Lanarkshire Psychological Service

Audience: Parents/caregivers, Schools, Education

Trauma and the Brain: Understanding abuse survivors responses

Content: Video created by the NHS on understanding how trauma affects the brain and the responses of those affected

Audience: Parents/caregivers, Schools, Education, other professionals NHS National Trauma Training Framework

Content: New National Trauma Training Framework developed by the NHS as part of the governments Survivors Scotland strategic priorities. Gives advice on how workplaces can be more trauma informed.

Audience: Schools, Education, other professionals

Opening Doors: Trauma Informed Practice for the Workforce

Content: NHS video giving advice on how workplaces can be more trauma

informed

Audience: Schools, education, other professionals

NHS Adverse Childhood Experiences

Content: Overview on what is meant by ACEs

Audience: Parents/caregivers, Schools, Education, Other professionals

#### Bereavement

Elephant's Tea Party (Child Bereavement UK)

Content: Lesson plans and resources for schools regarding helping children

cope with bereavement Audience: Schools

**Growing in Grief Awareness** 

Content: Audit and planning tool for schools around bereavement and grief

Audience: Schools: Education

Supporting children after a frightening event (Traumatic Stress)

Content: Leaflet advising on how to help children cope following a traumatic event, with particular reference to bereavement from Child Bereavement UK

Audience: Parents/caregiver, schools

When someone special dies . children under 7 (Child Bereavement UK)

When someone special dies . children aged 7-11

When someone special dies . young people

Content: Leaflets for children with advice and activities on bereavement

(different leaflets for different ages)

Audience: Children and Young People; Parents and Caregivers

Positive Responses to Death: A Strategy for Scho []•ÁÇ Yã} •c []q•Á Yã•@D

Content: Guidelines which help schools to respond to a death within the

school community, for example a member of staff

Audience: Schools

#### The Resilience Project

Content: Curriculum/lesson plans on death, dying and bereavement (Primary

5-7)

Audience: Schools

After someone dies (Cruse Bereavement Care)

Content: Leaflet for young people about what to expect when experiencing a

bereavement and how to get help

Audience: CYP

Caring for kids after trauma and death (New York University)

disaster, particularly those who are considered at risk of adverse reactions.

Audience: Schools, Education, Parents/caregivers

A Whole School Approach to Supporting Loss and Bereavement (NHS

Greater Glasgow)

Content: A toolkit developed to support school staff increase their knowledge

and skills in bereavement, loss and change

Audience: Schools

Teenage Grief (Childhood Bereavement Network)

Content: Lesson plans on teenage grief (may require other resources)

Audience: Schools, Education

Top 10 List of Helping Grieving Children & Teens (Pæ { i|c [ }q•AŒ&æå^ { ^A [ -A

Grief and Loss)

Content: Short leaflet with tips on supporting recently bereaved teens and

older children

Audience: Parents/caregivers; Schools; Other professionals

Ó^;^æç^ { ^}cKÁÙ&@ [ [ |ÁQ }~ [ ; { æcā [ }ÁÚæ& \ÁÇ Yã } •c [ }q•Á Yã•@D

Content: Information and guidance and specific activities for school

communities recently affected by a bereavement

Audience: Schools: Education

Child Bereavement UK . https://www.childbereavementuk.org/supporting-

bereaved-children-and-young-people

Content: Advice, information, and guidance on bereavement in children and

teenagers. Includes leaflets and links to training events.

Audience: All

Cruse Bereavement UK . http://crusescotland.org.uk/

Content: Advice for people who have experienced bereavement including

Audience: All

Yã} •c[}q•Á Yã•@Á- https://www.winstonswish.org/

Content: Direct support for children and young people who have been

bereaved and information and guidance for schools and families

Audience: All

British Heart Foundation -

https://www.bhf.org.uk/informationsupport/support/health-and-emotional-

support/telling-your-children

Content: Advice and guidance on how to talk to children about illness and

bereavement

Audience: Parents/caregivers

#### Suicide and Self-Harm

13 Reasons Why Toolkit: Guidance for Educators

Content: Advice and guidance on supporting young people with the themes relating to suicide and self-harm explored in the Netflix series 13 Reasons

Why

Audience: Schools: Education

Q}c^\*/æc^å\\(\hat{O}\)\(\hat{\omega}\)\(\hat{\

Content: Argyll & Bute official guidance. Information, advice and guidance on supporting young people at risk of suicide or self-harm. Includes decision-making flowchart and risk assessment guidance.

Audience: Schools; Education; Other professionals; Parents/caregivers No Harm Done: Recognising and responding to self-harm (YoungMinds) Content: Information and guidance on supporting young people who have self-harmed.

Audience: Schools; Education; Other professionals

School-based Suicide Prevention, Intervention and Postvention (Euregenas)

Content: Toolkit on school-based approach to suicide prevention, intervention, and postvention from European Regions Enforcing Actions Against Suicide Project.

Audience: Schools, Education

On-Edge: Lesson plans for identifying difficult feelings and understanding self-

<u>harm</u> (See Me Scotland link)

Content: Lesson plans focused on self-harm

Audience: Schools: Education

<u>Preventing and responding to suicide: Resource kit for schools (New Zealand Government)</u>

Content: Toolkit on school-based approach to suicide prevention, intervention,

and postvention

Audience: Schools; Education

The truth about self-harm (Mental Health Foundation)

Content: Information and guidance on understanding self-harm

Audience: Parents/caregivers: Young people

Hands On Scotland - <a href="http://www.handsonscotland.co.uk/self-harm/">http://www.handsonscotland.co.uk/self-harm/</a>

Content: Advice and guidance on self-harm

Audience: Parents/caregivers; Schools; Education; Other professionals

Royal College of Psychiatrists -

https://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/s/self-harm.aspx

Content: Leaflet on self-harm in young people

Audience: Parents/caregivers