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Overview of Mental Health Resources

We hope you find the following document useful in directing you towards information, self-help, or ideas for your school or service in approaches to mental health. While we have tried to categorise the resources to make it easier to find what you are looking for, although there is inevitably some cross-over between the different areas. We are trying to keep this list up-to-date, so please contact the psychological service if you know of any useful resources you think we should include on the list, or if you find any of our links aren't working properly.

See <https://www.argyll-bute.gov.uk/education-and-learning/educational-psychology> for contact details.

We have noted suggested content and audience for each website or resource to help you find what you're looking for. Please note this is only a guide.

Audience key:

All – relevant to all parties (children/families/education professionals/other professionals)

CYP – children and young people;

Schools – relevant to those working in schools including teachers/support staff

Early years – of particular relevance to early years professionals

Education - relevant to education, particularly for those with a more strategic remit (e.g. policy or strategy documents)

Parents/caregivers – relevant to those looking after children and young people

Other professionals – may include health, social work, third sector organisations

General Mental Health

- [*What good looks like in psychological services for school and colleges \(BPS\)*](#)
Content: Practical ways in which wellbeing can be addressed in schools
Audience: Schools/Education
- [*Going to be all right? \(SAMH\)*](#)
Content: Report on evidence of mental health problems in young people and processes for seeking help
Audience: Schools/Education
- [*Mental Health Strategy 2017-2027 \(Scottish Government\)*](#)
Content: Government strategy on tackling mental health at all levels in Scotland
Audience: Education/Other professionals
- [*Mental health and wellbeing among adolescents in Scotland: Profile and trends \(Scottish Government\)*](#)
Content: Report on trends in mental health and wellbeing concerns in adolescents
Audience: Education
- [*MindEd - Young people's mental health learning resource*](#)
Content: Learning resource on mental health
Audience: Schools; Parent/caregivers; Education; Other professionals
- [*Scottish Association for Mental Health: Teachers E-Learning Resource*](#)
Content: Professional developmental resource for teachers
Audience: Schools
- [*Supporting mental health and wellbeing in schools \(Anna Freud\)*](#)
Content: Strategies and advice in supporting children and young people with mental health difficulties
Audience: Schools/Education
- [*Mental Health Action Plan: 2013-2020 \(World Health Organization\)*](#)
Content: World Health Organization's strategy regarding mental health
Audience: Education/Other professionals
- [*Mentally Healthy Schools*](#)
Content: Information, advice and resources
Audience: Schools
- [*Anna Freud Centre \(resources for schools\)*](#)
Content: Resources, Guidance and Assessment Toolkit
Audience: Schools
- [*On My Mind - Anna Freud Centre \(resources for young people\)*](#)
Content: Leaflets and videos regarding mental health, both generally and in relation to difficulties
Audience: CYP, Parents/caregivers
- [*Place2Be*](#)
Content: Resources and training regarding mental health and wellbeing
Audience: Schools, Parents/caregivers

- [ChildMind](#)
Content: Information and advice concerning mental health and neurodevelopmental conditions
Audience: Schools, Parents/caregivers
- [Be You](#)
Content: Information and advice on a wide array of wellbeing issues
Audience: Schools, Education, Early Years, Parents/caregivers
- [NHS: Mental Health and Wellbeing](#)
Content: Self-assessment, self-help information and advice
Audience: Individuals – CYP and adults
- [NHS Inform Scotland: Mental health](#)
Content: Information, self-help and advice
Audience: Individuals – CYP and adults
- [Time to Change](#)
Content: Mental health resources for schools (including assembly resources) and parents
Audience: Schools, Parents/caregivers

Emotions and Mood

- [Anxiety Classroom Resources for Schools](#)
Content: Lesson Plans and resources about anxiety and worries – South Gloucester Council
Audience: Schools
- [DNA-V \(Thriving Adolescent\)](#)
Content: A model to follow when working with young people with regard to mental health
Audience: Schools, Education, Parents/caregivers
- [Emotional Resilience Toolkit: Useful resources for schools \(South Lakes Federation\)](#)
Content: Toolkit for promoting emotional resilience
Audience: Schools
- [Lucy's Blue Day](#)
Content: YouTube video on how it's OK to be sad sometimes
Audience: Children
- [Anxiety problems in children and adolescents \(Keltly Mental Health Resource Centre\)](#)
Content: Information leaflet describing different types of anxiety disorders
Audience: Parents/caregivers, CYP
- [Parenting and resilience \(Joseph Rowntree Foundation\)](#)
Content: Comprehensive evidence report about resilience in children and families
Audience: Education, Other professionals
- [Resilience Framework \(Young Minds\)](#)

- 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 Children's Mental Health week
– 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
 - [*What's on your Mind? Resource pack for teachers and students \(See Me\)*](#)
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 stress as a 'switch' in the brain
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
 - [*YoungMinds*](#)
Content: Information and advice on how to 'look after yourself'
Audience: CYP, Parents/caregivers
 - [*Dove Self Esteem Project*](#)

- Content: Resources and lesson plans on how to promote self-esteem
Audience: Schools, Education
- [*Mindfulness Brain Hand Model Dan Siegel Empathy and Cognition*](#)
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

Relationships and Behaviour

- [*Banking Time: Preschool Relationships Enhancement Project \(CASTL\)*](#)
Content: Resource to promote positive relationships in ELCC establishments
Audience: Early Years, Education
- [*Friendship Matters: Promoting Positive Peer Relationships amongst Girls \(Cardiff Against Bullying\)*](#)
Content: Lesson plans resource pack for promoting positive relationships in girls
Audience: Schools
- [*Healthy Relationships Workbook \(The Arc of Spokane\)*](#)
Content: Workbook for pupils with learning difficulties to work through to support the development and maintenance of healthy relationships.
Audience: Schools, CYP
- [*Making sense of relationships \(NSPCC\)*](#)
Content: PSHE Lessons on personal safety and healthy relationships for 10-16 year olds
Audience: Schools
- [*Rise Above: Forming Positive Relationships \(Public Health England\)*](#)
Content: Lesson Plans on forming positive relationships
Audience: Schools
- [*Dan Siegel: The Neurological Basis of Behavior, the Mind, the Brain and Human Relationships*](#)
Content: Video of talk by Dan Siegel
Audience: Schools, Education, Other professionals
- [*Restorative Approaches*](#)
Content: Information on how to implement restorative approaches in schools
Audience: Schools, Education
- [*Restorative Approaches in Educational Settings*](#)
Content: Information and resources for implementing restorative approaches in schools
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
- [*Polishing the Diamonds: Addressing Adverse Childhood Experiences in Scotland \(ScotPHN\)*](#)
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
- [*Coping with Stress after a Major Incident \(Scottish Government\)*](#)
Content: Information leaflet on how to cope after a major stressful event
Audience: Schools, Education, Parents/caregivers
- [*Tackling the attainment gap by preventing and responding to Adverse Childhood Experiences \(ACEs\) \(NHS Health Scotland\)*](#)
Content: Advice and guidance on considering ACEs and their link with the attainment gap
Audience: Schools, Education
- [*What survival looks like at Home \(Inner World Work\)*](#)
Content: Information on responses to trauma and advice on how to help
Audience: Parents/caregivers, CYP
- [*What survival looks like in School \(Inner World Work\)*](#)
Content: Information on responses to trauma and advice on how to help
Audience: Primary schools, CYP
- [*What survival looks like in Secondary School \(Inner World Work\)*](#)
Content: Information on responses to trauma and advice on how to help
Audience: Secondary schools, young people
- [*What is Complex Trauma? A Resource for Youth and those who care about them \(NCTSN\)*](#)
Content: Information and guidance on complex trauma (National Child Traumatic Stress Network)
Audience: Young people, Parents/caregivers, Schools, Education

- [*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 Schools \(Winston's Wish\)*](#)
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 \(New York University\)](#)
Content: A guide to use following a CYP's experience of trauma, death or 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 \(Hamilton's Academy of Grief and Loss\)](#)
Content: Short leaflet with tips on supporting recently bereaved teens and older children
Audience: Parents/caregivers; Schools; Other professionals
- [Bereavement: School Information Pack \(Winston's Wish\)](#)
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](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/](http://crusescotland.org.uk/)
Content: Advice for people who have experienced bereavement including Cruse's national helpline number.
Audience: All
- [Winston's Wish - https://www.winstonswish.org/](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](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
- [Integrated Children's Service Guidance: Young People at Risk of Suicide or Self-Harm \(NHS\)](#)
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-harm \(See Me Scotland link\)](#)
Content: Lesson plans focused on self-harm
Audience: Schools; Education
- [Preventing and responding to suicide: Resource kit for schools \(New Zealand Government\)](#)
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* - <http://www.handsonscotland.co.uk/self-harm/>
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/self-harm.aspx>
Content: Leaflet on self-harm in young people
Audience: Parents/caregivers

- *NSPCC* - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/mental-health-suicidal-thoughts-children/>
Content: advice and guidance on mental health, self-harm and suicidal thoughts in children and young people
Audience: Parents/caregivers; Schools; Education; Other professionals
- *University College London* - <https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/core/competence-frameworks/self>
Content: Competence framework relating to self-harm and suicide prevention
Audience: Education; Schools; Other professionals