

# Community Mental Health & Wellbeing Supports for Children & Young People



## Universal Services

Togetherall  
Bookbug for the home  
Universal wellbeing inputs (e.g. S3 wellbeing day)  
Shelf-help  
Parents & carers videoscribes  
South Ayrshire Youth Forum (SAYF) wellbeing resources  
NHS Ayrshire & Arran self-help resources  
Mental Health charter  
Scottish Association for Mental Health (SAMH) Let's Talk  
Community Learning & Development  
Active Schools  
Young Scot  
SHOUT

## Additional Services

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Belmont Family First  
Bloom  
Blether/Bereavement boxes  
LGBT Youth Scotland Worker  
Mind Moose  
Cognitive Behavioural Approaches.  
Three Sixty Ayr  
Barnardo's  
Befriending Service  
Sleep Counselling Service  
Let's Introduce Anxiety Management (LIAM)  
Champion's Board  
Educational Psychology  
Positive Psychology Groupwork  
Family Links Programme

## Specialist Services

School nursing  
Educational Psychology Service  
Autism Outreach Team  
Welfare Officers  
Chestnut Cottage  
School Counselling service  
Speech & Language Therapy  
Womens Aid  
Penumbra suicide bereavement support  
Learning & inclusion Team  
Penumbra self-harm services  
We are With You  
Moving on Ayrshire  
Home Link  
Ayrshire Cancer Support CYP service

## Enhanced Services

Child and Adolescent Mental Health Service (CAMHS)  
Social Work  
Distress Brief Intervention (DBI)



FOR FURTHER DETAILS ABOUT THESE SERVICES, PLEASE SEE PAGE 2. FOR DETAILS AROUND HOW TO ACCESS A SERVICE, SEE PAGE 3. SEE [SOUTHAYRSHIRECMHW.CO.UK](https://southayrshirecmhw.co.uk) FOR MORE

We further remind you to consider any referrals for children, young people and families to new services in the context of the support a family is already receiving, & to ensure informed consent/collaborative working.



# Universal Services

## Togetherall

A digital mental health & wellbeing support service accessible 24/7. Available to all 16-25s in SAC.

## Bookbug for the home

The library service provides access to these books for parents/carers & children across SAC.

## Universal wellbeing inputs (e.g. S3 wellbeing day)

## Shelf-help

The library contains self-help resources, available to all in SAC.

## Parents & carers videoscribes

In collaboration with Public Health, developing video resources around mental health & WB for all parents & carers.

## SAYF wellbeing resources

Wellbeing resources available to young people from the South Ayrshire Youth Forum.

## NHS A&A self-help resources

Apps, leaflets & books available to support health & wellbeing from NHS A&A.

## Mental Health charter

E.g. South Ayrshire Youth Forum's mental health charter for primary or secondary schools.

## SAMH Let's Talk

Scottish Association of Mental Health will deliver whole-school, proactive support around mental health & wellbeing in a selection of primary/secondary schools.

## Community Learning & Development

CLD supports initiatives for young people inc Youth Work, SALIS, & SAYF.

## Active Schools

Active Schools provide support across SAC from P1 onwards.

## Young Scot

Young Scot have collated resources specifically for young people in South Ayrshire

## SHOUT

SHOUT is a text-based, anonymous support service for individuals in distress or seeking support with their mental health & wellbeing.

# Additional Services

## Family Learning Team

The family learning team provides supports to early years pupils & their families.

## Belmont Family First

The Belmont Family First project provides whole-family support to families with the aim of preventing social work involvement.

## Bloom

Bloom will support resilience in pupils 14-18.

## Blether/Bereavement boxes

Blether boxes are available to primary children who have experienced a loss or bereavement.

## LGBT Youth Scotland Worker

LGBT Youth Scotland's youth worker supports group work & info around LGBT related issues.

## Mind Moose

Mind Moose digital mental health service will facilitate age-appropriate psychoeducation.

## Cognitive Behavioural Approaches

Groupwork based on cognitive behavioural approaches available from educational psychology.

## Three Sixty Ayr

Three Sixty Ayr offer drop in support centred around a sense of community.

## Barnardo's

Barnardo's provide targeted support to children and families relating to a variety of wellbeing needs.

## Befriending Service

Provides befriending support to children 8-18 with social and/or emotional difficulties.

## Sleep Counselling Service

Supports children/young people & families with sleep difficulties.

## LIAM

Let's Introduce Anxiety Management for anxiety.

## Champion's Board

The champions board brings together care-experienced young people to own their stories.

## Educational Psychology Positive

## Psychology Groupwork

Groupwork based on positive psychology available from EPS.

## Family Links Programme

This is a nurturing, interactive parenting program.

# Specialist Services

## School nursing

The school nurse supports primary & secondary children and young people with a variety of mental health and wellbeing needs.

## Educational Psychology Service

The Educational Psychology Service supports children, young people & families, as well as consultation & training to schools & therapeutic intervention where needed.

## Autism Outreach Team

This team support autistic children & young people or those with language & communication needs through direct work & consultation/capacity building through schools.

## Virtual School/Welfare Officers

The welfare officers work in collaboration with the virtual head teacher to support care-experienced children/young people.

## Chestnut Cottage

Chestnut cottage is an enhanced nurture provision for children in P2-P6 with SEBN.

## School Counselling service

School counsellors are available to provide support through 1:1 counselling to any pupil age 10+

## Speech & Language Therapy

SLT provide support around speech, language & communication for children and young people with associated needs across SAC. Also consult with schools, EYCs & families.

## Women's Aid

Support those who have experienced domestic violence.

## Penumbra suicide bereavement support

For anyone in Ayrshire or Arran who's been bereaved by suicide.

## Ayrshire Cancer Support CYP Service

Therapeutic support (inc. 1:1 counselling) for children & young people 5-25 affected by cancer diagnosis for themselves or another

# Specialist Services

## Learning & inclusion Team

The inclusion coordinators support children & young people experiencing barriers to inclusion & seek to support their inclusion in a mainstream environment where appropriate.

## Penumbra Self-Harm Service

This service provides support to secondary pupils who self-harm or are at risk of self-harming & their families.

## Penumbra SW Service

This service provides support to care-experienced 12-18 year olds who self-harm or at risk of self-harming, in addition to young people presenting at A&E around self-harm.

## We are With You

This organisation provides free, confidential support to those age 16+ around drugs, alcohol & mental health.

## Moving on Ayrshire

Provides counselling & support to those who've experienced rape or sexual assault.

## Home Link

Home Link team supports children 3-18 & their families with a variety of wellbeing needs, transitions, bullying, non-attendance etc.

# Enhanced Services

## CAMHS

The Child & Adolescent Mental Health Service provides specialist support from short-term interventions to complex treatments & assessments of mental health needs.

## Social Work

Social Work service supports families, and supports concerns around potential risks to children & young people.

## DBI

DBI supports people in immediate distress

## Universal Services

### Togetherall

Accessible via [www.togetherall.com](http://www.togetherall.com) with DOB & SAC postcode

### Bookbug for the home

This service is accessible through the library service.

### Universal wellbeing inputs (e.g. S3 wellbeing day)

### Shelf-help

Accessible through your local library & [here](#).

### Parents & carers videoscribes

In collaboration with Public Health, developing video resources around mental health & WB for all parents & carers.

### SAYF wellbeing resources

Wellbeing resources available to young people from the South Ayrshire Youth Forum.

### NHS A&A self-help resources

Apps, leaflets & books available to support health & wellbeing from NHS A&A. For websites, apps & info click [here](#).

### Mental Health charter

For more information on the SAYF Mental Health Charter mark, contact Lynn Dillon ([lynn.dillon@south-ayrshire.gov.uk](mailto:lynn.dillon@south-ayrshire.gov.uk)).

### SAMH Let's Talk

Scottish Association of Mental Health will deliver whole-school, proactive support around mental health & wellbeing in a selection of schools.

### Community Learning & Development

CLD supports initiatives for young people inc Youth Work, SALIS, & SAYF.

### Active Schools

Active Schools provide support across SAC from P1 onwards. Each school has an active schools coordinator, more information at [www.activesouthayrshire.co.uk/as](http://www.activesouthayrshire.co.uk/as)

### Young Scot

Locally relevant information available at this [link](#).

### SHOUT

Interested individuals can text 'SAC' to 25258 for free, confidential support from April 1st, 2022.

## Additional Services

### Family Learning Team

Accessed through signposting in EYCs.

### Belmont Family First

Contact pastoral support at Belmont.

### Bloom

Bloom will launch as a pilot at Girvan Academy & Kyle Academy

### Blether/Bereavement boxes

To access, contact [jenny.corcoran@south-ayrshire.gov.uk](mailto:jenny.corcoran@south-ayrshire.gov.uk)

### LGBT Youth Scotland Worker

Self-referral

### Mind Moose

This is a whole-school initiative in select primary schools.

### Cognitive Behavioural Approaches

CBA available in school through discussion with link educational psychologist, if appropriate.

### Three Sixty Ayr

Self-referral ([thethreesixty.org.uk](http://thethreesixty.org.uk))

### Barnardo's

For more information, contact the child's school.

### Befriending Service

Contact the befriending service at [info@bfriend.org.uk](mailto:info@bfriend.org.uk)

### Sleep Counselling Service

Contact Jacqui Ferguson ([jacqui.ferguson@south-ayrshire.gov.uk](mailto:jacqui.ferguson@south-ayrshire.gov.uk))

### LIAM

Through appropriate school staff, or school nursing.

### Champion's Board

Through [dawn.parker@south-ayrshire.gov.uk](mailto:dawn.parker@south-ayrshire.gov.uk)

### Educational Psychology Positive

### Psychology Groupwork

Available in school through discussion with link educational psychologist, if appropriate.

### Family Links Programme

This programme is offered and advertised in selected schools

## Specialist Services

### School nursing

Accessed through a generic request for assistance form/referral via a TAC.

### Educational Psychology Service

EPS accessed via request for assistance, which can be discussed with the link EP.

### Autism Outreach Team

Via request for assistance for managed by the IMG.

### Virtual School/Welfare Officers

Welfare officers for care-experienced young people accessed via request for assistance.

### Chestnut Cottage

Referrals to chestnut cottage are managed through the CAG (central allocations group).

### School Counselling service

Pupils may self-refer, or guidance/SMT staff may refer to the counsellor within their school.

### Speech & Language Therapy

Access to SLT managed through a request for assistance form.

### Womens Aid

For information, contact [support@sawamail.org.uk](mailto:support@sawamail.org.uk) or 01292 266482.

### Penumbra Suicide Bereavement Support

Children, young people & families bereaved by suicide can access this support by self referring to [suicidebereavementsupport@nhs.scot](mailto:suicidebereavementsupport@nhs.scot), they may also be referred by a third party.

### Ayrshire Cancer Support CYP Support

Access support via 01563 538008 or [cyp@ayrshirecs.org](mailto:cyp@ayrshirecs.org)

## Specialist Services

### Learning & inclusion Team

Support accessible through request for assistance form.

### Penumbra Self-Harm Service

Young people can self refer via [this link](#), or third parties can refer a young person via [this link](#). For more info, contact [southayrshire@penumbra.org.uk](mailto:southayrshire@penumbra.org.uk)

### Penumbra SW Service

Young people are identified when presenting at A&E, RfAs can be sent to this [email](#).

### We are With You

Access general info online at [this link](#), or support by calling 01292 430529.

### Moving on Ayrshire

Access information, including locations of counselling hubs [here](#), or call 01292 290546.

### Home Link

Support from Home Link accessed via request for assistance.

## Enhanced Services

### CAMHS

Accessed through request for assistance.

### Social Work

Through referrals to the initial response team or child protection concerns.

### DBI

Individuals can be referred to DBI by partners in health (e.g. GPs), including NHS 24 & the Scottish Ambulance Service, or Police Scotland.