

Mental Health and Wellbeing Resources Developed by NHS Greater Glasgow and Clyde

Child and Youth Early Intervention Framework

NHS Greater Glasgow and Clyde have developed a Child and Youth Mental Health Improvement and Early Intervention Framework, a tool for anyone working with children and young people across each of the six Health and Social Care Partnerships to effectively deliver mental health improvement for these populations.

NHS Greater Glasgow & Clyde Mental Health Resources for Schools List

A comprehensive document that offers a range of suggested resources that can be used in schools to help 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.

NHS Greater Glasgow & Clyde Healthy Minds Pack

Healthy Minds aims to promote a basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing, such as sleep and long term conditions. This resource pack has been developed to support implementation of the NHSGG&C mental health improvement and early intervention frameworks for children and young people and adults.

NHS GGC Resilience Toolkit

This toolkit provides a visual aid and practical guidance for promoting the resilience of children and young people. The resource includes interactive sessions and is designed to be used by workers and volunteers working with young people aged 10 and over.

Aye Mind Website

This website contains a host of useful mental health information and resources for professionals working with young people, such as activities to use and information on a range of support services available to young people. There is also a digital toolkit and instructions on how to make GIFS with young people to support discussion around mental health and wellbeing.

General Mental Health and Wellbeing Resources

A whole school approach framework

A whole school approach framework for schools to support children and young people's mental health and wellbeing.

Barnardo's Education Community

Trauma-informed resources, support and advice about how to help children and young people cope with any issues they are experiencing. Including useful materials about how best to support pupils who are experiencing feelings of loss, grief and bereavement.

Children & young people's mental health and wellbeing : a professional learning resource for all school staff

A whole school approach to prevention and early intervention that promotes positive mental health and wellbeing for everyone in the school community.

Children and Young People's Mental Health Coalition Resources Page

These easy to read and accessible resources cover a range of topics and could be helpful for children, young people, parents, carers, schools and other professionals.

In our own words: Supporting the mental health and wellbeing of children and young people

Resources for parents, carers, teachers, and others who want to support the mental health of children and young people.

Place2Be Mental Health Resources for Schools

From assembly and class activity ideas to videos and tip sheets, these mental health resources for schools can make a real difference to the emotional wellbeing of pupils.

Positive mental wellbeing – resources to support children and young people

A comprehensive package of information, resources and organisations which are freely available to support primary and secondary school staff to support mental wellbeing.

Trauma Informed Resources

Suicide Prevention and Self-Harm Resources

Glasgow multi-agency guidance for people working with Children and Young People at risk from self-harm or suicide

This resource is currently under review and will be updated as soon as possible.

A Whole School Approach to Self-Harm Training and Awareness

a resource to support schools and early years' establishments to take a planned and co-ordinated approach to self-harm awareness and training that will help equip staff with the self-harm knowledge and skills appropriate to their role.

Glasgow Centre for Population Health – Adverse Childhood Experiences (ACEs)

ACEs refer to stressful events experienced during childhood such as abuse, neglect, family conflict, parental imprisonment, mental illness or addiction. Further information about ACEs and the attainment gap can be found [here](#).

Trauma Informed Toolkit

The toolkit aims to spark conversations on supporting children and young people in Glasgow affected by childhood adversity and trauma. It promotes trauma-informed practice across organisations and offers background on ACEs, trauma, and resilience, along with local resources and supports. It also highlights how staff can be that 'One Good Adult' for a child or young person.

Loss, Grief and Bereavement Resources (including ASL specific resources)

Supporting bereaved children and young people with Autism Spectrum Disorders (ASD)

This document provides information on some of the challenges bereaved children with ASD may face, and ideas for what might help.

Supporting children with severe learning disabilities with bereavement and grief

This e-booklet provides information on how to support children with severe learning disabilities with bereavement and grief.

Supporting grieving children and young people with SEND

This webpage provides some information and guidance on how to support bereaved children with SEND, and the specialist support Winston's Wish can offer grieving families.

Marie Curie Easy Read Bereavement leaflet

This booklet is to help people after someone dies. It talks about feelings people might have and things that might make them feel better.

Talking to Children that are bereaved

NHS Education for Scotland have produced this short film to support professionals that are working with children that have been bereaved.

The Muslim Bereavement Support Service

A registered charity who offer support to bereaved women who have lost a loved one. You can access their website [here](#).

Digital Mental Health and Wellbeing Resources

Get Safe Online

The UK's leading online safety advice resource.

UK Safer Internet Centre

Guidance to help children and young people stay safe online, including guides for education and parents.

Be Internet Legends

Teaching resources around digital safety fundamentals.

Aye Mind Toolkit

This helps to develop your digital skills and knowledge of the impact the online environment can have on children and young people. Including a digital tools directory of available supports and resources and information on a range of themes from cyberbullying, sextortion, digital inclusion, and more.

Online Harms – Helplines, Websites, and Reporting

A comprehensive document that outlines the helplines, websites, and reporting mechanisms to support those who have experienced a range of online harms.

Internet Matters.org Supporting neurodivergent children who play games online

Explore a range of resources for both parents and neurodivergent young people to help them build safe and healthy habits in online games.