Final v2 (Sept 2024)

SHS Mental Health and Wellbeing Supports

We have a range of support available in school, as listed below:

- Principal Teachers of Guidance or any trusted adult
- Independent Counselling Service (referrals made through the Guidance Team)
- 'Chill-out Club' (Monday-Thursday break & lunch in the Wellbeing Hub)
- 'Seasons for Growth' programme (6-8 week programme which aims to strengthen the social and emotional wellbeing of young people who are dealing with significant loss and change) (referral made through the Guidance Team)
- School Library 'Self-help' section
- LGBT+ Support and Empowerment Group (please see Ms Childs for further information)
- School Nurse (referrals made through the Guidance Team)
- Youth Workers (8-week group programme which focuses on areas such as friendships, self- esteem and resilience) (referral made through the Guidance Team)
- Inclusion Project Officer (short-term early interventions LIAM/MyStar- mainly on a 1:1 targeted basis) (referral made through the Guidance Team)

The support available outside of school, including who it is aimed at and how the support is accessed, is available on the school website.

Mental Health and Wellbeing: Sources of Support for Young People

Organisation	Main Contact Details	Topic Addressed
Discover Pathways/ Moray Wellbeing Hub	www.discoverpathwaysmoray.org.uk	Website designed to help young people find the support they need, when you need it.
Samaritans	Call free on 116 123 (UK) Email: jo@samaritans.org	Confidential support service. Open 24 hours a day, 7 days a week.
ChildLine	0800 1111: www.chidline.org.uk	Get help and advice about a wide range of issues. Talk to a counsellor online.
Breathing Space	Call for free on 0800 83 85 87 www.breathingspace.scot	Advice and support if you need someone to talk to. Phone line is open 6pm-2am on Monday to Thursday and 6pm-6am on Friday to Monday.
Beat	The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650 https://www.beateatingdisorders.org.uk/get-information-and-support/	UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.
Aye Mind	www.ayemind.com/	A digital toolkit for all who work with young people to boost their ability to promote youth wellbeing.
NEEDS (North East Eating Disorders Support)	Call 01224 557672 www.needs-scotland.org/	Self-help group for those affected by an eating disorder as a sufferer, parent, partner, relative, or friend.
Quarriers	Call: 01505 612224/616000 Out of Hours: 07812 228 410 Email: hello@quarriers.org.uk www.quarriers.org.uk	Free, confidential advice and support for young people with a physical or learning disability, young people with social emotional or behavioural difficulties and young carers.
Young Scot	https://young.scot/	Information on a range of topics including mental health.
LGBT Youth Scotland	Call us: 0131 555 3940 Text us: 07786 202 370 https://www.lgbtyouth.org.uk/ Email us: info@lgbtyouth.org.uk	Here to help support lesbian, gay, bisexual and transgender young people
SAMH	www.samh.org.uk/	SAMH is the Scottish Association for Mental Health. SAMH believe there is no health without mental health. We're here to provide help, information and support.
See Me	https://www.seemescotland.org/	See Me is Scotland's programme to tackle mental health stigma and discrimination
TESS: Text and Email Support Services	Text: 07537 432444 or call: 0808 8008088 www.selfinjurysupport.org.uk follow links to email	For girls and young women affected by self-injury.
Doctor (GP)	Contact your GP at your local surgery	Speak to your GP if you are worried about your mental health, including an addiction to gaming. Your GP may decide that a referral to the Child and Adolescent Mental Health Service (CAMHS) is appropriate. See Appendix C for further information on CAMHS.
NHS Choices	https://www.nhsinform.scot/symptoms-and-self-help/self-help-guides/	Whether you're concerned about yourself or a loved one, the helplines listed can offer expert advice.