

FOI Support Services for Children - 101003079818

Provider	Who is it for	Any additional requirements	How to refer	Contact details
Education has access to additional resources, advice and staff to provide support for mental wellbeing. Some schools have peer support programmes in place.	All school age children and young people needing some additional support	Available to all	Parent/carer should contact the school head teacher (primary school) or guidance teacher in secondary school to discuss their concerns.	Please contact your individual school to discuss your concerns
NHS school nurse provision , support mental wellbeing issues including specialism in supporting sleep issues and issues from other health issues	All school age children	Available to all	Contact your child's school and they can make a referral.	Please contact your individual school to discuss
Education Psychology , role is to reduce barriers effecting education attainment, can include mental wellbeing concerns	Children and young people with education based concerns to age of 24 years.	Available to All	Each school has an allocated Education Psychologist. The school can make a referral.	Please contact the school to discuss further. If you feel unable to do this through the school they can be contacted directly. Details on moray council website.
Counselling for Schools (the exchange).	Children aged 10+, provide one to one counselling either in school or in alternative community location.	Available to All	Can self- refer using their referral form on their website or can discuss with school for referral if preferred	https://www.exchange-counselling.com
Grampian Psychological Resilience Hub - support for mental wellbeing	All ages (adult and child)	Available to All	Self- refer using the referral form on the website. They will then	Details are within the NHS Grampian website including the referral form.

concerns due to Covid 19.			contact you back by phone.	If you are unsure about referral you can submit questions at gram.psychologicalresiliencehub@nhs.scot
Aberlour Youth Point – early help service providing one to one support, group sessions, activities and a mentoring scheme	12 years plus- do consider slightly younger referrals if contacted	Available to All, preference is for the young person to be part of child planning and have a team around the child	Self-referral available to both mentoring and the early help service. An additional intensive support service is accessed via Children & Families social work	Tel: 01343 546214 or email morayyouth@aberlour.org.uk
Children & Families social work - not specific to mental wellbeing, duty if young person is at risk or if the situation is leading to strain on care arrangements	All ages up to 18 years, 26 years for those previously care experienced	Available to All, however they would be looking to ensure earlier support provisions like school options have been considered	Self-referral through phone call. All other organisations for example Education, doctors, can make a referral.	Children and Families Access Team Tel: 01343 554370
Moray Wellbeing Hub - provide self-care and wellbeing management support through courses and peer support. Website contains both a children's and adult mental wellbeing pathway	Anyone can make an enquiry, need to engage to assess suitability of their resources and courses.	Available to All, Focus in on people sharing their lived experiences to help others	Send an email to enquire, no specific referral form is involved	hello@moraywellbeinghub.org.uk or you can submit contact request on their website
Children 1ST – provide support to children that have been effected by trauma. Examples can be family breakdown or abuse.	All ages, use a family model so support can be to the family as well as the child	Support for those affected by Trauma, mental wellbeing concerns can be triggered by trauma.	Ring or email to make contact. If in need of more immediate response can also use parentline	Website containing lots of advice and parentline support: Children1st.org.uk Tel: 01343 564170 email moray@children1st.org.uk

Parentline support available				
Quarriers - provide support to carers and young carers. Support can be one to one, groups and as respite for the carer.	8 years plus but includes parent/carer support to families with younger children	Service to support carers, unpaid carers and young carers. Their support can improve mental wellbeing for this group.	Referral form on their website or you can enquire using email/telephone.	Quarriers.org.uk the referral form is accessed by downloading from bottom of website Tel 01505 612224 (centralised during covid 19) Email hello@quarriers.org.uk
Crossreach - Counselling support to expectant parents and parents with an under 1 year old.	Pre-birth to under 1 year for parent(s)	Service to support with perinatal and infant mental wellbeing concerns	Through email or referral form a health provider like GP, midwife, health visitor.	Online leaflet available through their website cossreach.org.uk or Email: moray.counselling@crossreach.org.uk
Who Cares Scotland Support to those with care experience, during covid 19 providing an additional helpline for those with mental wellbeing concerns	All ages	For adults and young people who are or have been care experienced	Contact the helpline	Tel 07756047389 or 07543337152
Penumbra - mental health & wellness centre and peer support	For adults but some services available from 16+	Available to All	Submit an enquiry through their website	Penumbra.org.uk press Contact Us option on website and submit your details. Tel: 01343 556191 or Email: north@penumbra.org.uk
Distress Brief Intervention - NHS Short intense offer of daily support to produce a distress reduction plan	For adults and those 16+	Available to all if in experiencing significant distress, commissioned provider in Penumbra.	Access through GP or emergency services if highly distress and needed support	Contact GP to discuss further

NEW SERVICE Sonas family wellbeing service- mental wellbeing support delivered in range of ways including family support.	Service for 5-24 year olds, includes help for the family	Available to All	Self-referral and professional referral will be available through their website	Should be launching very soon
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In addition to the above services there are digital resources available through social media, websites and apps. You can access recommended list of resources through guidance, school nurse, or GP.

Locally other services may help to improve mental wellbeing without specifically focusing on it, examples maybe the confidence boosts gained through physical activity like sports clubs and outdoor activities or through mentoring.

Some of the above services can be accessed either prior to using CAMHS or alongside using CAMHS. If a child is wishing to use mental wellbeing services and CAMHS at the same time then usually the organisations will speak to consider the best approaches.

When experiencing some mental health illnesses (diagnosable) some of the above services may be accessed however CAMHS will be the specialist to provide support relating to the illness, an example is eating disorders.

Mentoring Services

Mentoring young talent is part of moray council's employability team. They have two parts to their mentoring project, a one year offer of mentoring alongside keyworker support for employability for those 16 years and above if not in a full time post school destination of employment, further education or training.

Second part is for all young people aged 11 years plus that are care experienced can receive an offer of mentoring. For those care experienced and still at school the provision is usually incorporated into the school day. Both schemes have additional support at their disposal including access to fit life cards, counselling and activities to do with their mentor.

Aberlour youth point provide mentors to 12-18 year olds including a system that enables young people to become a mentor themselves later in their journey. This service is usually provided outside school timings. Both projects rely on the recruitment of volunteers so service offer is subject to volunteer availability and has been greatly impacted during recent covid restrictions.

Slightly different, is a new service being offered by Children 1st for buddies to new mums who have been struggling with their own mental wellbeing. The service uses a family model with groups and activities arranged alongside buddies scheme.