

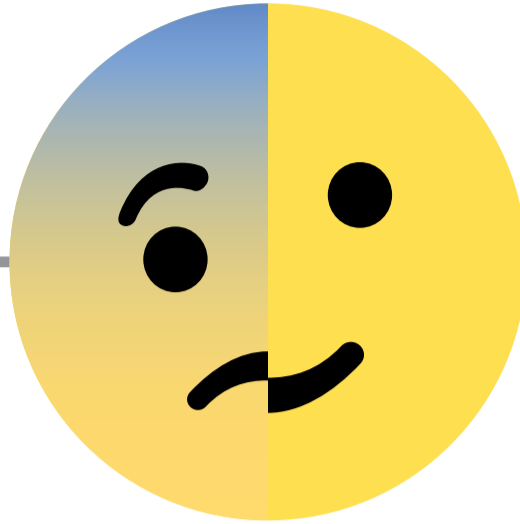
Emotional Health & Wellbeing Supports

NORTH LANARKSHIRE

EARLY YEARS

Questions to consider:

What you can do?
Who can help you?
What can children & families do for themselves?



Curricular Resource:

Positive Mental Attitudes Pack for S1-S6

YOUNG ADULTS

Child and Adolescent Mental Health Services (CAMHS)

What do we mean when we talk about this?

CAMHS offer a range of services from early intervention including parenting groups to mild to moderate mental health concerns and severe mental ill health presentations. There are teams who have specific focus to work with looked after and accommodated young people and young people impacted by parental mental ill health.

Where to go for more information:

www.nhslanarkshire.org.uk/Services/CAMHS/ for more information on services

www.handsonscotland.co.uk for help and support to manage mental health concerns

Who can I talk this over with?

Each team has a specific function. For contact details for each team, please visit: www.nhslanarkshire.org.uk/Services/CAMHS/

Autism

What do we mean when we talk about this?

Children & young people with Autism Spectrum Disorder (ASD) have a lifelong disorder that affects how they relate to and understand 'the world around them'.

Where to go for more information:

www.sailautism.org.uk

Who can I talk this over with?

REACH - more information and advice available at www.reachautism.org.uk

Homelessness

What do we mean when we talk about this?

Children with no access to permanent/settled accommodation e.g. temporary accommodation, living c/o family/friends etc.

www.scotpho.org.uk/life-circumstances/homelessness/key-points

Where to go for more information:

Shelter Helpline 0808 800 4444, www.shelter.org.uk/Scotland
www.northlanarkshire.gov.uk/index.aspx?articleid=7982

Who can I talk this over with?

Health & Homelessness Service: 01698 727534

Poster updates:

www.elament.org.uk/young-people/

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Substance Misuse

What do we mean when we talk about this?

Young people aged 14-21 years who have been affected by their own or someone else's drug or alcohol use resulting in disrupted routines, poor emotional health and wellbeing and high risk of isolation.

Where to go for more information/local services and supports:

Barnardos Axis Lanarkshire: 01698 262443

Phoenix Futures: 01236 425338 (depending on age)

Landed Peer Education Service: 01698 269872 (education)

www.landed.info;

www.talktofrank.com;

www.kfx.org.uk

Who can I talk this over with?

Contact a member of staff from any of the above agencies who will be able to discuss your concerns and, where appropriate, signpost to the right service.

Sexual Health and Relationships

What do we mean when we talk about this?

A healthy sexual relationship is safe & secure free from coercion and prevents the risk of sexual infection and unplanned pregnancy.

Where to go for more information:

www.lanarkshiresexualhealth.org
YP and YP+ sexual health clinics (details via above website)

www.brook.org.uk

www.notyourstoshare.scot – advice regarding the law relating to sharing intimate images.

Who can I talk this over with?

Lanarkshire Sexual Health Services
0300 303 0251

School Nurse Team

Contact School Nurse Team on 01236 707737

Crisis Contacts

Breathing Space – 0800 83 85 87

(Mon – Thu, 6pm – 2am; Fri, 6pm – Mon 6am)
www.breathingspace.scot

Samaritans – 116 123 (24hrs)

www.samaritans.org

NHS24 – 111 (Out of hours), www.nhs24.com

Childline – 0800 11 11 (24hrs)

www.childline.org.uk

If you have concerns for a Young Person – see Child Protection procedures. Contact Social Work (for Out of Hours support) – 0800 121 4114

Domestic Abuse

What do we mean when we talk about this?

Domestic abuse can profoundly disrupt a child's environment, undermining their stability and damaging their physical, mental and emotional health.

Where to go for more information:

Scottish Children's Reporter Administration:
0300 200 1765

Social Work: Contact your locality child and families team – www.northlanarkshire.gov.uk/index.aspx?articleid=4567

Police Emergency 999; Police non-emergency 101

Monklands Women's Aid – Airdrie and Coatbridge

Motherwell and District Women's Aid – Motherwell, Wishaw, etc.

North Lanarkshire Women's Aid – Cumbernauld/Kilsyth area

<http://womensaid.scot/find-nearest-wa-group/>

Rape Crisis

Lanarkshire Rape Crisis Centre 01698 527003

www.lanrcc.org.uk

Males can receive support by calling 0141 211 6700

