

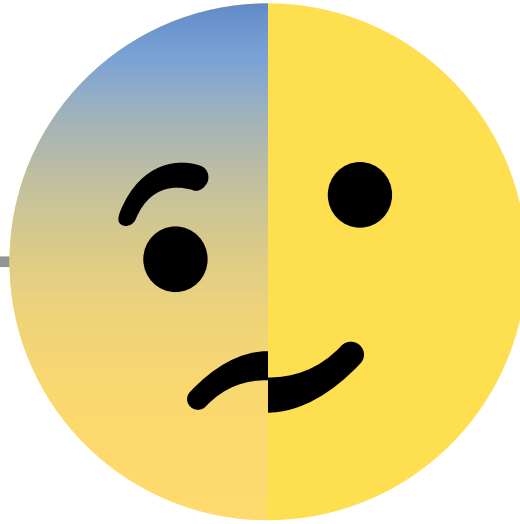
Emotional Health & Wellbeing Supports

SOUTH 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?

ARCH helpline 0344 225 1111 who will support/signpost, as appropriate.

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.southlanarkshire.gov.uk/housing

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?

Youngaddaction service in South Lanarkshire supports young people aged 10-17 years to understand the effects of their substance misuse and the harm it can cause to them and the people around them. Services can also be provided to young people who are affected by other family members drug or alcohol misuse.

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

Addaction South Lanarkshire: 01698 533843

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.

Give Us A Break!

What do we mean when we talk about this?

Give us a break! is an 8 week group programme for children and young people who are coping with negative change, including family break-up and bereavement. The programme uses a Solution Focused approach. It helps young people make sense of their experiences in a supportive environment with others who have gone through similar changes. It pays particular attention to their strengths and possibilities.

Where to go for more information:

www.giveusabreak.org.uk

Who can I talk this over with?

Hamilton Psychological Service, 23 Beckford Street, ML3 0BT 01698 455800

School Nurse Team

Contact School Nurse Team on 01236 713982

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) – 0303 123 1008

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

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: 0303 123 1008

Police Emergency 999; Police non-emergency 101

Women's Aid South Lanarkshire 01355 249897
<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