



Resources for Mental Health and Wellbeing in Primary Care Services



Introduction

This resource has been developed to support staff working as part of a multi-disciplinary team within a Mental Health and Wellbeing in Primary Care Service.

It is intended to help all staff contribute to the link worker function within the Services, by providing a directory of additional sources of help and support, that people can be connected in with and signposted to, to compliment the support, assessment and treatment they will receive from the team.

It brings together a range of national resources and tools that support and improve mental health and wellbeing. It includes information on digital services and treatments; general sources of advice and support for children and adults; tailored sources of support for specific groups or mental health conditions; resources to support social prescribing; national initiatives and funds; as well as guidance and learning and development opportunities for staff.

This document is not exhaustive and there will be a number of local resources and tools that staff will also want to utilise.

This document will be reviewed and updated as necessary. If you have any questions regarding this document, please email MHWPCServices@gov.scot.



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Learning and Development Opportunities for Staff

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Loneliness and Social Isolation




Introduction

1.1

This section contains information on learning, development and training opportunities for staff working in a Mental Health and Wellbeing in Primary Care Service.

You can work through the resource on your own, reading the different sections and following the links which are of interest to you and relevant for the people you are working with.

The  helps you navigate to relevant pages within the resource.

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Trauma training

1.2

Abuse, neglect, violence and other traumatic and adverse experiences, particularly those experienced in childhood, are more common than was previously recognised, and can have devastating and long lasting effects on people's lives. Without the right support, trauma can result in poorer physical and mental health, poorer educational, employment, and justice outcomes and in some cases, disconnection from society and services. However, people are resilient and most will recover, with the right support in place.

What helps people to cope with and recover from such experiences includes having safe and supportive connections with others, and trauma-informed care. Every interaction made with someone affected by trauma is an opportunity to support their recovery.

The National Trauma Training Programme was established in 2018 to support a trauma-informed workforce and services across Scotland, led by NHS Education for Scotland (NES). The key components of the [National Trauma Training Programme](#) are:

- A **Knowledge and Skills Framework** detailing the specific knowledge and skills members of the workforce need, in line with their role and responsibilities, to understand and respond to people affected by trauma. The Framework is available [here](#).
- **Transforming Psychological Trauma Training Plan** detailing how to identify high-quality training that will meet the needs set out in the above Knowledge and Skills Framework. The Training Plan is available [here](#).
- **Online trauma training resources** to help increase awareness, knowledge, confidence and capability among all sectors of the workforce. An overview of these NES resources is available [here](#), along with two animations designed to raise awareness of [trauma and trauma-informed practice](#), including those working alongside [children and young people](#).
- A **network of transforming psychological trauma implementation co-ordinators**, based in each health board, are providing their local areas with advice, support for training, and making connections with what is already happening on the ground locally. For details of your local co-ordinator, email: psychology@nes.scot.nhs.uk.

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Children and Young People's Mental Health and Wellbeing professional learning resource

1.3

The Scottish Government commissioned Mental Health Foundation Scotland, Digital Bricks Learning and Children's Health Scotland to develop a mental health professional learning resource, supported by the Mental Health in Schools Working Group. The resource is for all school staff to support the wellbeing of children and young people. Although aimed at school staff, it is open access and available to anyone who may find it of benefit.

The resource takes a whole-school approach, centred around prevention and early intervention to promote positive mental health and wellbeing for everyone in the school community. It aims to provide school staff with knowledge and understanding of mental health and wellbeing in schools, and a range of opportunities to learn about experiences and advice from practitioners and young people.



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Domestic Abuse Awareness Raising Tool

1.4

This online training resource on domestic abuse is a learning resource for professionals. It's an awareness-raising resource and serves as an introduction to domestic abuse and coercive control. The tool provides an overview of the main considerations when responding to domestic abuse; however, it does not replace specialist domestic abuse training. A map to local support services is available at the end.



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Sensory e-learning modules

1.5

In order to access the learning, you will need to create an account or log into [NHS Education for Scotland TURAS](#) and search for 'sight loss', 'hearing loss', 'deafblind' and 'BSL and Tactile BSL'.



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Suicide prevention learning resources

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NHS Education for Scotland (NES) and Public Health Scotland (PHS) have a comprehensive suite of learning resources on suicide prevention. A briefing paper attached at [Appendix 3](#) provides descriptions of those resources and the relevant links.



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ICD-11 Guidelines for Mental, Behavioural and Neurodevelopmental Disorders

1.7

The Training Course on ICD-11 Guidelines for Mental, Behavioural and Neurodevelopmental Disorders is a series of 15 online training units developed by the WHO Collaborating Centre at Columbia University, in collaboration with WHO Department of Mental Health and Substance Use. Each unit is designed to take approximately one to one-and-a-half hours and focuses on a different disorder grouping.

The training modules are currently in a pilot phase and available only to Global Clinical Practice Network Members. Professionals providing mental health services can sign up to the GCPN to gain access to the training and other research initiatives. Information on registering for the GCPN and ICD 11 training modules can be found at [Global Clinical Practice Network – Welcome \(gcp.network\)](https://gcp.network)

The Scottish Government is working with the WHO and NES to develop Scotland-specific training on ICD 11 MBND, as well as an awareness-raising animation for practitioners and the general public distilling the key changes.

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Health Education England Tackling Loneliness and Social Isolation

1.8

Interest in the HEE Tackling Loneliness and Social Isolation Programme continues to gather pace, with more than 1,000 session launches recorded since June.

In addition, a recent survey showed that 90 per cent of those who had accessed the training agreed the programme had helped them to feel confident in tackling loneliness and social isolation.

This free course, which was developed in collaboration with elfh (e-learning for healthcare), Public Health England and the Campaign to End Loneliness, highlights how health and social care staff and the wider public health workforce can recognise risk factors, risk groups, and apply simple interventions that will make a positive impact.

Want to understand more about this topic? Watch HEE's [Loneliness and Social Isolation webinar](#). Chaired by Deputy Medical Director, Professor Simon Gregory, speakers include:

- Chris Sharp, Workforce Development Lead at North East and Yorkshire, Public Health England
- Dr Kalpa Kharicha, Head of Research, Policy and Practice, at Campaign to End Loneliness
- Gay Palmer, Social Prescribing Link Worker, at Southwark GP Federation and Trustee of National Academy of Social Prescribing.

Learn about the broader impact and stigma associated with loneliness and social isolation. You can also read this [blog](#) from Libby Potter, Head of Portfolio for Prevention at HEE.



Digital Services

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Introduction to digital services

2.1

Digital treatments and online resources are now an integral part of mental health service delivery across Scotland. All of our digital services are proven to be clinically effective and safe to use while providing: self-help, self-managed treatments and technologically enhanced therapy. They are delivered within a stepped care model ([section 2.4](#)) targeted at different levels depending on the support required and are fully integrated into primary care, psychological and mental health services. Current services are focused on providing support and treatment; and are tailored to specific population groups, such as adults, young people and Health and Social Care staff across all areas of Scotland.

The impact of COVID-19 accelerated the adoption of [digital technologies \[McKinsey Global Survey, 2020\]](#) across both the public and commercial sector. This includes increased use of a wide range of digital tools and services, including virtual telemedicine appointments, online meetings and remote learning.

In the context of mental health and wellbeing, digital tools and services have emerged that have gone beyond the replication of offline service models, to provide resources that offer choice and alternatives to face-to-face support. The digital wellbeing landscape has grown significantly and has seen the development and expansion of online resources to provide self-help tools, promote emotional wellbeing, and provide signposting to other mental health services and support.

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Overview of digital services

2.2

There are several online or digital tools providing mental health support. How and when they are used will depend on the needs of each individual and the outcome they are aiming to achieve.

The digital tools included within this document are not exhaustive. Many are tailored to specific population groups, such as children and young people, and health and social care staff. The tools may also have several purposes, providing a mix of self-help tools, advice and signposting.

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Potential benefits

2.3

Some of the proven potential benefits of using these products include:

- Supporting individuals to find and access the appropriate service when and where they need it;
- improving the quality of service and levels of accessibility, while expanding capacity of existing service provision;
- improving equality of service access and support services to meet increasing demand;
- harnessing large scale data to enhance learning, understanding of service demand and service improvement, and;
- working with a national framework aligned to strategic and policy priorities.

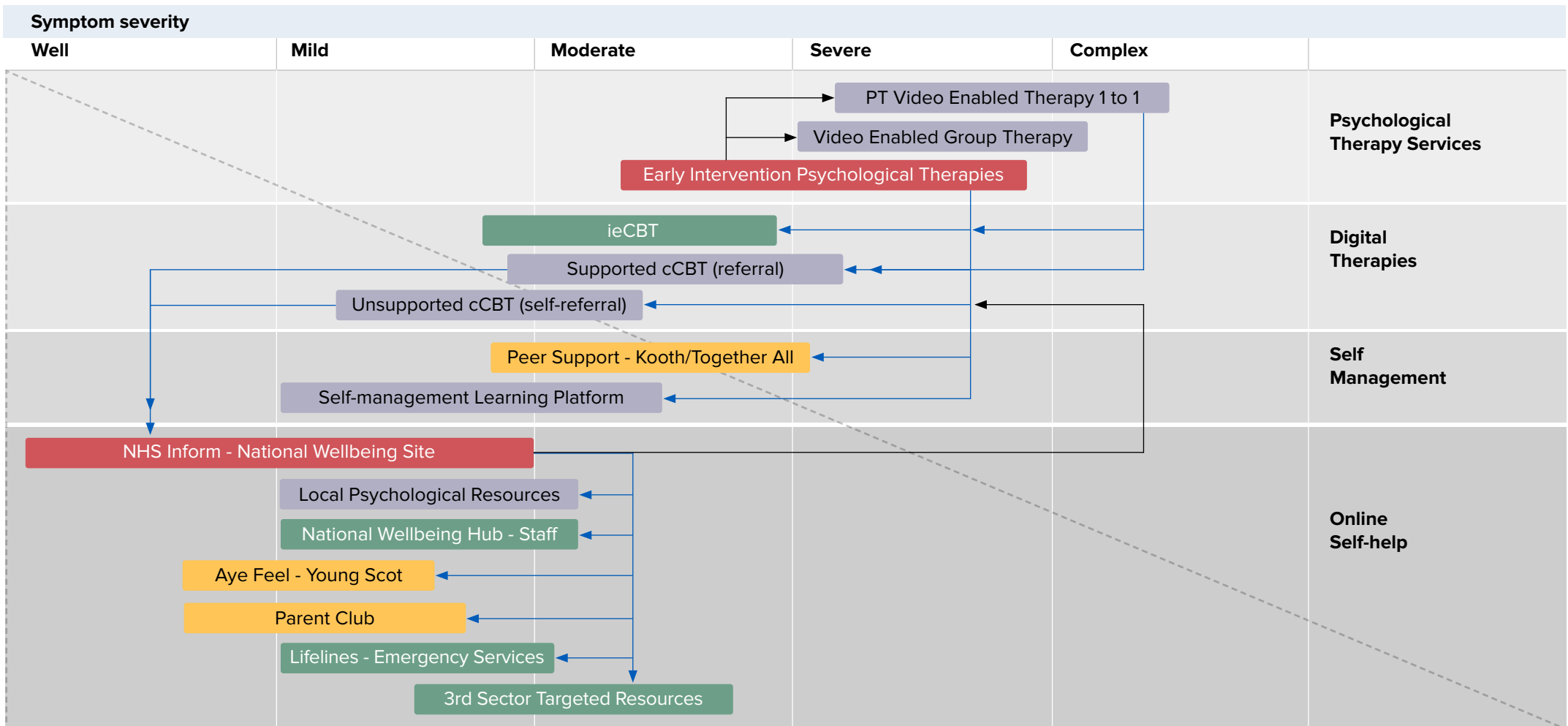


2.4

Digital step care model

All digital treatments are clinical assessed and integrated throughout local matched or stepped care models of service delivery.

■ General Population ■ Specific Populations
■ Child and young People ■ Key link services (provides ability to move between services across tiers)
Arrows Steps up and down Signposting, self-referral & referral embedded in digital services



Population scaled services are required at lower tiers to meet demand. Severity requiring smaller scale but direct clinical input.

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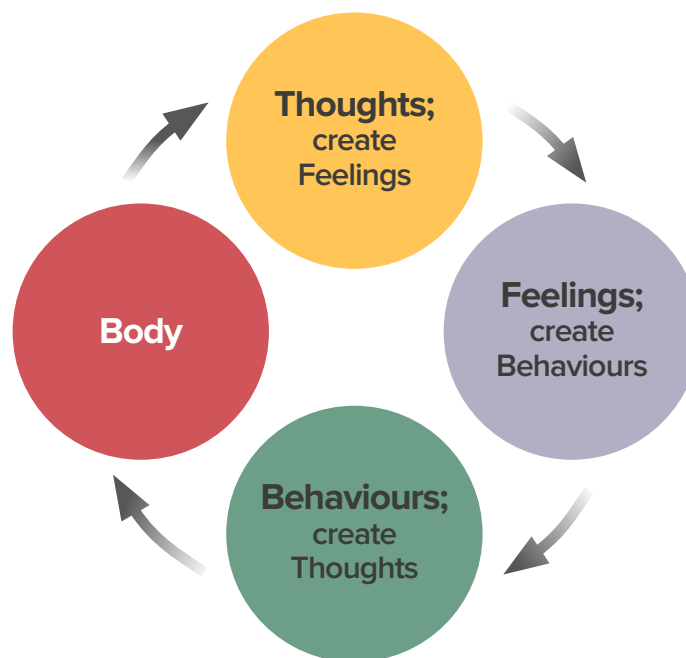
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What is Cognitive Behavioural Therapy?

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- **Thoughts**
what we think affects how we act and feel.
- **Feelings**
what we feel affects how we think and do.
- **Behaviours**
what we do affects how we think and feel.
- **Body**
what effect do they have on our body?

Cognitive Behavioural Therapy (CBT) is a psychological therapy based on the relationship between what we think, what we do and how we feel. CBT teaches us how to recognise and tackle problems in the here and now, rather than in the past. It is a time-sensitive, structured form of psychotherapy, which has been shown to be highly effective in the treatment of depression and anxiety, as well as a range of other psychological disorders.

The central concept of CBT is that our emotions, thoughts, physical reactions and behaviours are all linked and affect each other. An individual's thoughts and behaviours can be changed, which will in turn will alter their mood.

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What is Computerised Cognitive Behaviour Therapy?

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Computerised Cognitive Behavioural Therapy (cCBT) is a highly effective, evidence-based, self-guided digital therapy recommended by [NICE](#) and [SIGN](#) to help people experiencing mild to moderate mental health symptoms including depression and anxiety. It is available to adults aged 16 years or over and is a highly effective intervention, providing a suite of computer-based therapy options across all Health Boards in Scotland since 2018.

There are currently 21 cCBT based treatments available. Each territorial Board has a cCBT service, hosted in local psychology or mental health services.

A list of the current available digital therapies are shown in figure 1. (See next slide.)

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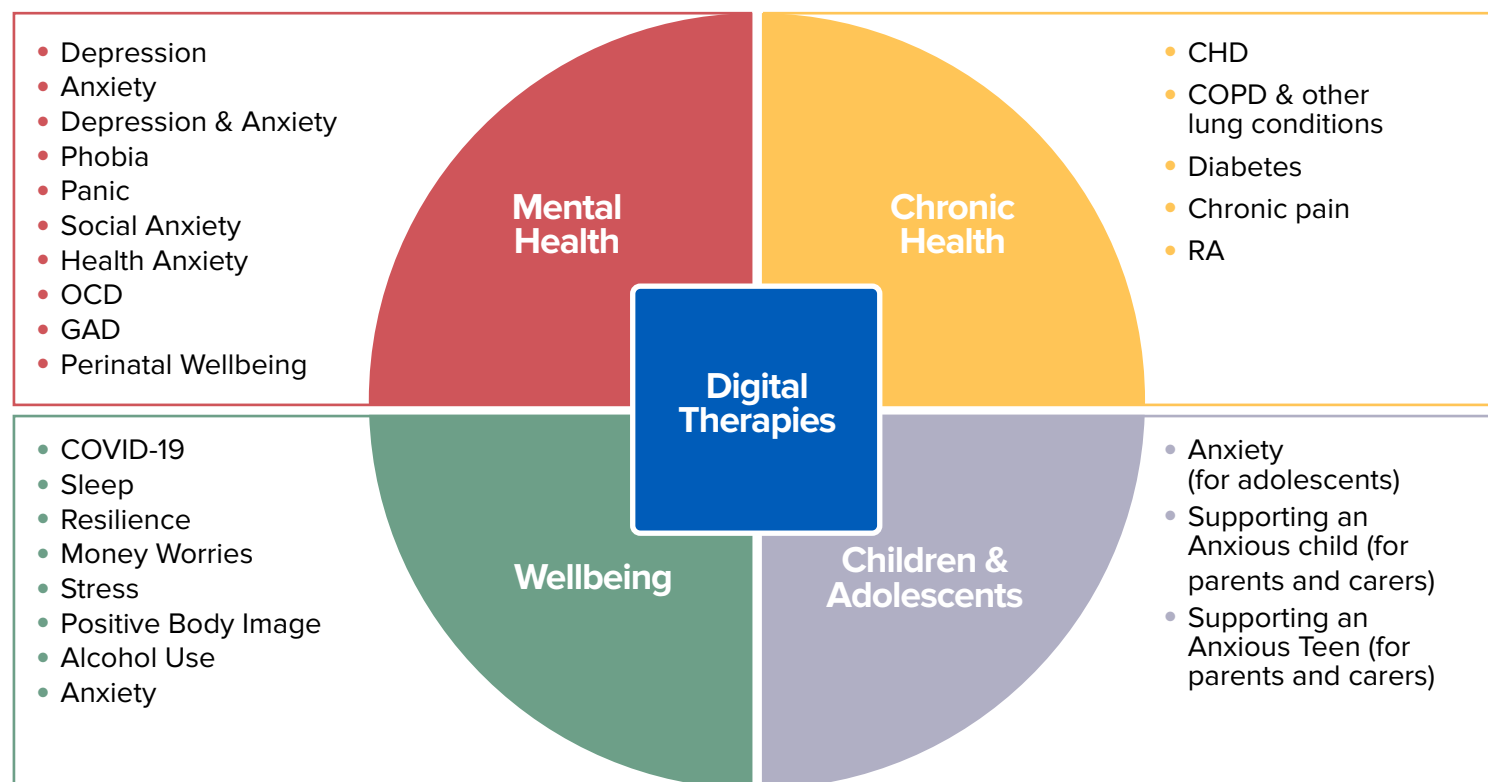
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What is Computerised Cognitive Behaviour Therapy – continued

Figure 1



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Referral Routes to cCBT

2.7

Referral routes vary depending on who is accessing support. There are numerous online self-help and self-management tools and resources available through health and care websites, providing access to those individuals who:

- are mentally well but would like further support for their wellbeing;
- are struggling with their mental health but have not approached a GP/Clinician, and;
- have a diagnosed mental health disorder and need help with self-management or accessing further support.

Unsupported self-referral treatments ([section 2.8](#)) enable individuals to access therapies with no requirement for referral from a GP or any other mental health professional. The therapies are accessed via a web-link that the individual independently accesses. The treatments require no support from health professionals and there is no monitoring of risk. These are therefore suited to service users with mild symptoms ([section 2.4](#)) and designed for preventative treatment.

Treatment is self-managed by the individual and completed either in a community location or at home, at times of their choosing. cCBT can be delivered as a standalone treatment or in a blended approach, working in parallel with existing services both locally and nationally and offers service users more choice.

Supported treatments ([section 2.9](#)) require a referral through a GP practitioner or other MH Professional via SCI Gateway (electronic referral form or local health board protocols) or through other specialised services e.g. perinatal services. The treatments provide support in the form of regular online reviews and service users are monitored daily for escalating risk. These treatments are suited to service users who have mild to moderate symptoms ([section 2.4](#)).



Self-Referral Digital Therapies

2.8

| Audience | Information | Condition | Treatment name | Supplier |
|---------------------|---|--|---------------------------------|---------------------------------------|
| All Staff | <p>Stepped Care model Preventative to Mild (section 2.4)</p> <p>Supported? No</p> <p>Monitoring of risk? No</p> <p>Referral route Self-referral</p> <p>How does it work? All Health and Social Care staff, including unpaid carers, can access wellbeing cCBT treatment online via computer, tablet or mobile phone and work through the modules flexibly at their own pace.</p> <p>Who is it for? All Health and Social Care staff, including unpaid carers, who would benefit from a psycho-educational wellbeing resource. These can be found, along with other free apps and on-line programmes at the National Wellbeing Hub.</p> | Resilience | Space for Resilience | Silver Cloud (16+) |
| | | Stress | Space from Stress | |
| | | Sleep Problems | Space for Sleep | |
| | | COVID-19 – Anxiety | Space from COVID-19 | |
| | | Social Anxiety | Space from Social Anxiety | |
| | | Health Anxiety | Space from Health Anxiety | |
| | | Panic | Space from Panic | |
| | | Phobia | Space from Phobia | |
| | | Depression and Anxiety for service users with Chronic pain | Space in Chronic Pain from D&A | |
| | | Depression and Anxiety | Space from Depression & Anxiety | |
| | | Depression | Space from Depression | |
| | | Depression and Anxiety for service users with Coronary Heart Disease | Space in CHD from D&A | |
| | | Alcohol | Space from Alcohol | |
| | | Mindfulness | Space for Mindfulness | |
| Money Worries | Space from Money Worries | | | |
| Generalised Anxiety | Space from Generalised Anxiety | | | |
| Anxiety | Space from Anxiety | | | |

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Self-Referral Digital Therapies – continued

| Audience | Information | Condition | Treatment name | Supplier |
|---------------------------|--|------------------------------------|-----------------------------|---------------------------------------|
| Scottish Adult population | <p>Stepped Care model Preventative to Mild (section 2.4)</p> <p>Supported? Not essential (no dedicated support, however the MHWPC team may wish to consider whether it would be helpful to provide support)</p> <p>Monitoring of risk? No</p> <p>Referral route Self-referral all members of the MHWPC team can signpost people.</p> <p>How does it work? Service Users access cCBT treatment online via computer, tablet or mobile phone and work through the modules flexibly at their own pace.</p> <p>Who is it for? Individuals who would benefit from a psycho-educational wellbeing resource.</p> <p>How do you access it? https://wellbeing.silvercloudhealth.com/onboard/nhsscotland/programs/ Access code: Scotland2020</p> | Resilience | Space for Resilience | Silver Cloud (16+) |
| | | Stress | Space from Stress | |
| | | Sleep Problems | Space for Sleep | |
| | | COVID-19 – Anxiety | Space from COVID-19 | |
| | | Supporting an anxious teen (12–18) | Supporting an anxious teen | |
| | | Supporting an anxious child (4–11) | Supporting an Anxious Child | |



Self-Referral Digital Therapies – continued

| Audience | Information | Condition | Treatment name | Supplier |
|---|--|---------------------|----------------|-------------------------------------|
| All Staff and Scottish Adult population | <p>Stepped Care model Mild to Moderate (section 2.4)</p> <p>Supported? No</p> <p>Monitoring of risk? Big Health – Yes. Risk alerts for service users of Sleepio and Daylight are monitored daily with escalation processes managed by Big Health.</p> <p>Referral route Self-referral</p> <p>How does it work? All Health and Social Care staff, including unpaid carers and the Scottish Adult population can access wellbeing cCBT treatment online via computer, tablet or mobile phone and work through the modules flexibly at their own pace.</p> <p>Who is it for? For everyone who would benefit from access to cCBT. For Staff: https://wellbeinghub.scot/resource/supporting-your-wellbeing-free-apps-and-online-programmes/ For Scottish Adult population: - www.sleepio.com/nhs - http://www.trydaylight.com/nhs</p> | Generalised Anxiety | Daylight | Big Health (18+) |
| | | Insomnia | Sleepio | |



National Digital Therapies, available through referral

2.9

| Audience | Information | Condition | Treatment name | Supplier |
|--|---|--|-----------------------------------|---|
| Scottish Adult population | <p>Stepped Care model Mild to Moderate (section 2.4)</p> <p>Supported? Beating The Blues – No Big Health – No Silver Cloud – Yes</p> <p>Monitoring of risk? Yes</p> <p>Referral route Referral through local GP practitioner or Mental Health Clinician in the MHWPC Team.</p> <p>How does it work? The modules for the cCBT treatment can be accessed via computer, tablet or mobile phone. The service users work through the modules flexibly at their own pace.</p> <p>Silver Cloud treatments include regular online reviews provided by a supporter and risk alerts are monitored daily. In the event of a risk alert, the referrer is contacted for clinical support.</p> <p>Service users referred to Beating the Blues will not have regular online reviews, but risk alerts are monitored. In the event of a risk alert the cCBT coordinator is alerted.</p> | Depression and Anxiety | Beating the Blues | Beating the Blues (18+) |
| | | Generalised Anxiety | Daylight | Big Health (18+) |
| | | Insomnia | Sleepio | |
| | | Perinatal Wellbeing – for both parent/carer(s) who are in the perinatal period (from time expecting a baby to one year post birth) | Space from Perinatal Wellbeing | Silver Cloud (16+) |
| | | Social Anxiety | Space from Social Anxiety | |
| | | Health Anxiety | Space from Health Anxiety | |
| | | Panic | Space from Panic | |
| | | OCD | Space from OCD | |
| | | Phobia | Space from Phobia | |
| | | Depression and Anxiety for service users with Chronic pain | Space in Chronic Pain from D&A | |
| | | Depression and Anxiety for service users with Lung Conditions | Space in Lung Conditions from D&A | |
| | | Depression and Anxiety for service users with Diabetes | Space in Diabetes from D&A | |
| Depression and Anxiety for service users with Coronary Heart Disease | Space in CHD from D&A | | | |

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National Digital Therapies, available through referral – continued

| Audience | Information | Condition | Treatment name | Supplier |
|----------|---|---|------------------------------------|----------|
| | <p>Service users referred to Sleepio and Daylight will not have regular online reviews, but risk alerts are monitored daily with escalation processes managed by Big Health.</p> <p>Who is it for? These treatments are for service users who experience/are experiencing mild to moderate depression, anxiety, stress and are no/low risk.</p> <p>How do you refer a service user to the treatment? Referral must come from your local Practitioner.</p> | <p>Depression and Anxiety for service users with Rheumatoid Arthritis</p> | <p>Space in RA from Depression</p> | |

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| Audience | Information | Condition | Treatment name | Supplier |
|---------------------------|---|-----------------------------------|--|----------------------------|
| Scottish Adult population | <p>Stepped Care model Mild to Moderate guided self help</p> <p>Referral route Referral by a Mental Health Clinician in the MHWPC team.</p> <p>How does it work? The treatment can be accessed via computer, tablet or mobile phone at the appointed time agreed by the service user and the online therapist.</p> <p>An online therapist then communicates in real time via a typed chat function.</p> <p>Who is it for? This treatment is for service users (16+) who experience/are experiencing moderate to severe depression, anxiety, stress and require clinical input.</p> <p>How do you refer a service user to the treatment? Discuss with the Mental Health Clinician.</p> | Anxiety, depression, OCD, phobias | leCBT (Internet enabled CBT) is a guided self help, delivered by clinical staff through written communication via webchat. | IESO (16+) |

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National Digital Therapies, available through referral – continued

| Audience | Information | Condition | Treatment name | Supplier |
|---|--|--|---|---------------------------------------|
| <p>Scottish Adult population</p> | <p>Stepped Care model Mild to Moderate CBT therapy</p> <p>Referral route Referral by a Mental Health Clinician in the MHWPC team.</p> <p>How does it work? The treatment can be accessed via computer, tablet or mobile phone at the appointed time agreed by the service user and the online therapist.</p> <p>An online therapist then communicates in real time via a typed chat function.</p> <p>Who is it for? This treatment is for service users (16+) who experience/are experiencing moderate to severe depression, anxiety, stress and require clinical input.</p> <p>How do you refer a service user to the treatment? Discuss with the Mental Health Clinician.</p> | <p>Anxiety, depression, OCD, phobias, PTSD single incident, stress</p> | <p>leCBT (Internet enabled CBT) is an evidence-based CBT therapy, delivered by CBT therapist through written communication via webchat.</p> | <p>IESO (16+)</p> |

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National Digital Therapies, available through referral – continued

| Audience | Information | Condition | Treatment name | Supplier |
|---------------------------|--|---|--------------------------|------------------------------------|
| Children and Young People | <p>Stepped Care model Mild to Moderate (section 2.4)</p> <p>What is it? An online CBT intervention that individuals can work through flexibly at their own pace.</p> <p>How does it work? Service users can be referred by an appropriate Mental Health Clinician in the MHWPC team. The service users then access the online CBT treatment and work through the modules flexibly at their own pace.</p> <p>Silver Cloud treatments include regular online reviews provided by a supporter and risk alerts are monitored daily. In the event of a risk alert, the referrer is contacted for clinical support.</p> <p>Who is it for? The programmes are for an individual 15+ years who experiences/is experiencing low to moderate depression, anxiety, stress and are no/low risk. It can, at clinical discretion, be used with a younger age group in line with CAMHS protocols and clinical judgement.</p> <p>How does an individual access the treatment? The modules can be accessed via computer, tablet or mobile phone.</p> | Anxiety for Children and young people 15+ | Space from Anxiety – CYP | Silver Cloud (15+) |

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Video Consulting Services

2.10

The Scottish Government Near Me programme aims to offer the people of Scotland the choice to attend health, care and other appointments via video calls. In many instances the Near Me service, and engagement with NHS Inform online tools, are appropriate supports for lower-level mental health issues and for those living in remote and rural areas. Near Me has enabled the delivery of thousands of virtual consultations every week.

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Near Me

2.11

Near Me enables people to attend appointments from home or wherever is convenient. The service is already widely used across NHS Scotland for health and care appointments. It has been available since 2016 and can be accessed by all population groups provided they have a device and the connectivity to support it. Appointments are generated by the service and a URL can be issued to the individual inviting them to the appointment in a variety of formats. Mental Health services have seen some of the biggest uptake of Near Me appointments.

The Near Me team have worked with partners, clinicians, service managers and service providers to develop guidance notes to support the setup of new Near Me services. [The Guidance Notes](#) and [Case Studies](#) are aimed at staff members. More information can be found in the further reading section, [Appendix 1](#).

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Group Therapy using Near Me

2.12

The initial introduction to group consulting therapy began in November 2021, allowing group consultations to take place with up to 30 participants. This enabled clinical services to deliver group therapy in a virtual setting, providing flexibility in the form of clinical support in remote and rural communities and assisting with reducing the need for face to face contact.

As we move forward and expand the services, features such as group chat and break out rooms are currently being developed.

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Digital Health and Care website

2.13

This new website is aimed primarily at professionals working in the health, care and housing sectors with the aim of providing access to relevant strategic and policy related information, programme updates, news, blogs and events. Digital Health contacts can be found in [Appendix 4](#).



Social Prescribing Tools

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Introduction

3.1

The term 'social prescribing' is used to describe a variety of approaches by which individuals are linked to resources and services within local communities with the aim of improving mental and physical health and wellbeing. It encapsulates the concept that people's health is largely determined by socio-economic factors, and that people who have access to social supports within their communities are healthier.

Social prescribing is an important approach to self-management of mental health. It is based on a clear rationale that supporting people to access and use non-medical sources of support can contribute to improved mental health.

This can include opportunities for the arts, physical activity, outdoor activity, learning, volunteering, social support, mutual aid, befriending services and self-help, as well as support with benefits, legal advice, etc.

There is evidence that social prescribing can reduce social isolation, increase resilience and confidence, giving individuals an increased sense of purpose and belonging to their communities.

It can be useful for individuals with long-term conditions, those who need more support with their mental health, have complex social needs that affect their wellbeing or feel lonely or isolated.

Community Link Workers will have a key role to play in growing community mental health resilience and increasing the use of social prescribing.

For further reading and research evidence see [Appendix 2](#).

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ALISS (A Local Information System for Scotland)

3.2

This web-based resource maps community assets and connects people with local sources of support that will enable them to manage their own health conditions more effectively. ALISS was co-produced by working with disabled people, people with long term conditions, unpaid carers, health and social care professionals and technology professionals.

It is a web-based resource, which means that it is available to General Practitioners and Mental Health Teams to access information about local community support services.

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Third Sector Interfaces

3.3

Third sector interfaces (TSIs) provide a single point of access for support and advice for the third sector within local areas. There is a TSI in each local authority area in Scotland.

The TSIs can provide information on volunteering opportunities, as well as local community and voluntary activities and support.

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Volunteer Scotland

3.4

Volunteer Scotland is the national centre for volunteering and offers a one-stop digital gateway for anyone looking for volunteer opportunities.

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Employability

3.5

The Allied Health Professionals (AHPs), Occupational Therapists, Physiotherapists, can complete an [AHP Health and Work Report](#) to provide support to employers to meet health needs of employees.

The [Department of Work and Pensions \(DWP\)](#) employs Disability Employer Advisers and Youth Employability Coaches. They give specialist support to jobseekers aligned to job centres and support all customers with Health and Disability. There are also DWP Work Psychologists for specialist support available where required; this is assessed through the Job Coaches.

The Employability Pipeline model has been developed as a framework to support the effective delivery of employability services, including Scotland's first iteration of devolved employability provision, [Fair Start Scotland](#). The service provides 12–18 months of tailored, flexible, and person-centred support to those facing significant challenges moving into fair and sustainable work. Up to 12 months in-work support is also available to ensure people remain supported while in work.

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Green Health Partnerships

3.6

Green Health Partnerships (GHPs) ([Appendix 4](#)) are a place-based approach to increasing the use of the natural environment as a health-promoting asset. Four pilot GHPs were established in [Lanarkshire](#), [Dundee](#), [North Ayrshire](#) and [Highland](#) between 2017 and 2018, as part of the wider Our Natural Health Service (ONHS) programme, led by NatureScot with the involvement of a wide range of national partners including Active Scotland, Transport Scotland, Scottish Forestry, Public Health Scotland and Voluntary Health Scotland. The Chief Medical Officer, Gregor Smith, is co-Chair of the ONHS Programme Board.

GHPs bring together Health Boards, Local Authorities and a range of other local and national delivery partners to work towards priorities for improving public health drawn from Health & Social Care and Community Planning Partnerships. For each GHP the local Health Board is the lead organisation and Chair of the Steering Group, but with a range of different arrangements in place for the employment and hosting of the GHP project officer.

Each of the pilot GHPs aims to highlight nature as a resource for health and wellbeing, and to develop green health services which support people

to be more active more often outdoors in their communities.

Their aims include:

- better co-ordination and upscaling of cross-sector working;
- a stronger focus of green exercise activity around local health priorities, including health inequalities;
- the embedding of green exercise activities in local health delivery, including through development of social prescribing approaches, and;
- a shift of investment in existing green exercise activities to areas of greatest need.

The focus of each GHP is different in accordance with local priorities, but in general, their activities centre around awareness raising; maximising the potential and capacity of local green assets; encouraging behaviour change; and social prescribing, through developing and strengthening links and referral pathways between health and social care services and green health providers.

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National Physical Activity Pathway

3.7

The National Physical Activity Pathway from Public Health Scotland (PHS) provides support for health and social care professionals in discussing physical activity with people who might benefit from being more active, as well as new Physical Activity Referral Standards [Physical activity referral standards - Publications - Public Health Scotland](#).

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The Collective For Health and Wellbeing

3.8

The Collective For Health and Wellbeing is an Action Plan which lays the foundations for a cross-sectoral approach to building more resilient, healthier communities. It will establish libraries as the go-to place in communities for: trusted health and wellbeing information; digital, information and health literacy skills; facilitated reading for personal growth and therapeutic support; and social interaction and empathic help and support.

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[Health on the Shelf](#)

3.9

‘Health on the Shelf’ examines the current health and wellbeing offer available in Scotland’s public libraries. It aims to equip library services to better demonstrate the valuable role libraries play in helping the public manage their own health. It makes recommendations for the future and includes a comprehensive list of what’s available across Scotland.

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Citizens Advice Scotland

3.10

Citizens Advice Scotland provide free, independent, confidential, impartial advice, available to everyone.

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Money Advice

3.11

Money Advice provide clear, practical advice and support for people experiencing issues with mental health and money.

[The Mental Health and Money Toolkit](#) is a resource to help people understand, manage and improve their mental and financial health.

It can be used to help guide conversations with relevant healthcare workers about a person's mental health and money. It can also be taken to any money or debt advice appointments.

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Befriending Networks

3.12

There are befriending projects all over the UK from the Shetland Islands to Cornwall. This directory provides links to member services throughout the country so you can find a service that is local and fits the support needs of others.

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Scottish Men's Sheds Association

3.13

The Scottish Men's Sheds Association's (SMSA) sole focus is supporting Scotland's Shedders and their supporters to create Men's Sheds in their communities across Scotland. The SMSA is not affiliated to other UK Men's Sheds Associations and works exclusively in Scotland as a registered Scottish Charity.

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Ethnic Minority Resilience Networks

3.14

BEMIS Scotland is the national Ethnic Minorities-led umbrella body supporting the development of the Ethnic Minorities Voluntary Sector in Scotland and the communities that this sector represents.



Community Link Worker

4

4.1 The Scottish Community Link
Worker Network



The Scottish Community Link Worker Network

The Scottish Community Link Worker Network is a national network for primary care community link working in Scotland.

The aim of the network is to create a space for community link workers in primary care settings in Scotland to come together to share learning and to develop, network and support each other in order to improve outcomes for their service users and communities. The network has a number of key objectives:

- provide a forum to enable peer-to-peer support for primary care community link working across Scotland;
- raise awareness of the community link worker role in tackling health inequalities;
- strengthen the contribution of community link workers to primary care teams and enable greater understanding of community link working within primary care settings;

- identify and maximise training, learning and development opportunities to professionalise the community link worker role, and;
- provide a collective voice to influence policy regarding community link working.

For the latest information about the Network, please visit the Network's [webpage](#) or contact Roisin Hurst, Network Development Officer roisin.hurst@vhscotland.org.uk. You can also find the Network on Twitter @ScotCLWnetwork.



Children and Young People: Mental Health and Wellbeing Advice, Support and Signposting

5

- 5.1 School Counselling
- 5.2 Aye Feel
- 5.3 See Me

- 5.4 Community Mental Health
and Wellbeing Supports and
Services Framework





School Counselling

5.1

Access to school counselling will be available for all children and young people aged 10 and over; parents/children should speak to their school or contact their local authority to find out how to access this service.



5.2

Aye Feel

Aye Feel supports young people's emotional wellbeing with quality-assured information and expert advice. It is a resource to help young people manage their emotional wellbeing including, for example, advice on sleep, stress, body image, mindfulness and relaxation tips, contacts for mental health support organisations, Covid-19 support, grief and bereavement support etc.

The content is made for young people by young people, and provides signposting to emotional support locally and nationally. It is run by Young Scot and is accessed through general web searches and signposting. Young Scot collects data on use of this resource.



See Me

5.3

See Me run a number of other initiatives and campaigns including:

- **Feels FM**
the world's first emoji-powered jukebox for mental health, helping young people to use music to express how they are feeling and as a positive coping strategy;
- **It's Okay**
helping young people to understand their feelings and reach out for support, knowing that 'it's OK to be different' and 'it's ok to not be ok';
- **See Us**
a movement that facilitates people coming together; to build on the positive changes in society, and doing something to make a difference to end mental health stigma and discrimination across Scotland.



Community Mental Health and Wellbeing Supports and Services Framework

5.4

The Scottish Government funds local authorities to provide community-based supports and services for the mental health and wellbeing of children, young people, their families and their carers. This funding gives local partnerships the flexibility to implement services on the basis of local priorities, with a focus on prevention and early intervention and as an alternative for those for whom CAMHS is not suitable. A list of email contacts can be found in [appendix 5](#).

The Framework aims to:

- set out a clear broad approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community;
- assist local children's services and community planning partnerships with the commissioning and establishment of new local community mental health and wellbeing supports or services, or the development of existing supports and services, in line with this framework, and;
- facilitate the enhancement or creation of services that can deliver support which is additional and innovative, wherever these are best placed.



Adults: Mental Health and Wellbeing Advice, Support and Signposting

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-
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 - 6.2 Mind to Mind
 - 6.3 Together Let's Care for your Mental Health
 - 6.4 NHS 24 Mental Health Hub at 111
 - 6.5 Clear Your Head
 - 6.6 Breathing Space
 - 6.7 Samaritans
 - 6.8 Living Life to the Full
 - 6.9 Mind: Side by Side

6.1 NHS Inform

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NHS Inform

6.1

Online guides to mental wellbeing and self-help guides from clinicians for a wide range of mental health concerns. Advice on dealing with low mood, anxiety, phobias, stress and where to get help or find support groups.

Details of health and wellbeing services in Scotland. Includes GP practices, dental services and support groups can be found at [Scotland's Service Directory](#).

The ["Your Mental Wellbeing"](#) section links to existing, updated and new online resources including mental health content and Self Help Guides. This resource was developed to provide enhanced care information in relation to making a plan for care (advance care plan). The resources are intended to be accessible for all demographics the website includes audio content and translated BSL content.

The core website is split into:

- Content on Mental Health conditions
- Content on Mental Wellbeing
- Mental Health Self Help Guides

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- 6.2** [Mind to Mind](#)
- 6.3** Together Let's Care
for your Mental Health
- 6.4** NHS 24 Mental Health
Hub at 111
- 6.5** Clear Your Head
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[Mind to Mind](#)

6.2

The Scottish Government has developed a new website which supports the general adult population of people living in Scotland. It offers bite-sized videos of ordinary people talking about real world challenges, along with tips and advice from people and related professionals, with lived experience of mental health issues alongside signposting to further support.

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Together Let's Care for your Mental Health

6.3

This campaign aims to raise awareness of a range of mental health information, and services that support mental health. It's been developed between NHS 24, Police Scotland and the Scottish Ambulance service as part of a joint response to the Scottish Government Mental Health Strategy 2017-2027. Under the banner 'Together Let's Care for your Mental Health' partners are able to signpost to a range of digital self-help guides from clinicians and options for further support. Additional information is also available for a range of day to day concerns such as anxiety, depression, young people's mental health needs, alcohol, gambling and drug use as well as COVID-19 specific information.

- 6.1 NHS Inform
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- 6.4 NHS 24 Mental Health
Hub at 111

- 6.5 Clear Your Head
- 6.6 Breathing Space
- 6.7 Samaritans
- 6.8 Living Life to the Full
- 6.9 Mind: Side by Side



NHS 24 Mental Health Hub at 111

6.4

The Mental Health Hub is available 24 hours a day, 7 days of the week for those in need of urgent out of hours support. Individuals can call 111 and follow the telephone prompts. A team of Psychological Well-being Practitioners (PWPs) and Mental Health Nurses will support callers to the Mental Health Hub 111 service.

There are a number of possible outcomes, the majority of calls are resolved without the need for any onward referral. PWPs are specially trained staff who are expertly supported by Mental Health Senior Charge Nurses and Mental Health Nurse Practitioners.

The Mental Health Hub also have a direct referral Pathway to the [Distress Brief Intervention \(DBI\) programme](#), which complements the regional expansion of DBI at a local level. NHS24 Mental Health Hub staff may offer this pathway for those who contact them in distress – where callers are assessed as appropriate – from anywhere across Scotland.

DBI provides an 'ask once – get help fast' early intervention for people:

- aged 16 years and over;

- in distress/emotional pain, and;
- who do not need urgent medical or clinical treatment.

The programme provides an offer of support for people within 24 hours of referral, with problem solving, wellness and distress management planning for a period of up to 14 days and connections to local supports, where required. NHS24 will continue to use the current clinical pathways for those who require a clinical response. This enables more people across Scotland to benefit from the connected compassionate support DBI has created. As at March 2022 over 7,000 people have been referred to DBI via the NHS24 pathway.

The Scottish Government has committed to roll DBI out to all NHS Boards areas by March 2024. Good progress is already being made to support this commitment.

Independent evaluations of the main DBI pilot and the NHS24 expansion of DBI are due for publication in Spring 2022; the findings of these will help inform the continued development, improvement and rollout of DBI.

6.1 NHS Inform

6.2 Mind to Mind

6.3 Together Let's Care
for your Mental Health

6.4 NHS 24 Mental Health
Hub at 111

6.5 Clear Your Head

6.6 Breathing Space

6.7 Samaritans

6.8 Living Life to the Full

6.9 Mind: Side by Side



Clear Your Head

6.5

The website was launched to help people look after their mental wellbeing during the pandemic. It highlights the practical things people can do to help them feel better, such as staying active, keeping connected with friends and family and creating healthy routines, whilst acknowledging that these are worrying and uncertain times for many. It has been created in partnership with Healthier Scotland, NHS Scotland, Breathing Space and Samaritans Scotland.

It provides signposting to support services such as the mental health hub, the Samaritans, Breathing space and to a range of other resources including NHS Inform, the Scottish Recovery Network, Young Scot, Healthy Working Lives and The Spark.

- 6.1** NHS Inform
- 6.2** Mind to Mind
- 6.3** Together Let's Care
for your Mental Health
- 6.4** NHS 24 Mental Health
Hub at 111

- 6.5** Clear Your Head
- 6.6** Breathing Space
- 6.7** Samaritans
- 6.8** Living Life to the Full
- 6.9** Mind: Side by Side



Breathing Space

6.6

Breathing Space is primarily an out of hours confidential telephone support and signposting line. Breathing Space is aimed at adults aged 16 or over to provide a listening ear and support to those experiencing low mood, depression or anxiety.

Opening hours: Weekdays: Monday–Thursday
6pm to 2am Weekend: Friday 6pm–Monday 6am
Helpline number: 0800 83 85 87

Different ways to access Breathing Space and NHS 24 on 111 are:

- **Language Line**
If English isn't your first or preferred language, you can use the free [interpretation service](#).
- **British Sign Language (BSL)**
If you use British Sign Language (BSL), you can use the [free BSL interpreting video relay service](#).
- **Relay UK**
If you use a textphone you can contact NHS 24 on 18001 111. Or, you can contact [NHS 24 with the Relay UK app](#).

- 6.1** NHS Inform
- 6.2** Mind to Mind
- 6.3** Together Let's Care
for your Mental Health
- 6.4** NHS 24 Mental Health
Hub at 111
- 6.5** Clear Your Head
- 6.6** Breathing Space
- 6.7** Samaritans
- 6.8** Living Life to the Full
- 6.9** Mind: Side by Side



Samaritans

6.7

Samaritans provides free, confidential support 24/7 for anyone that needs it. Their website provides a range of information and support including a self-help app, support groups for those bereaved by suicide, and a campaign encouraging men in rural communities to seek help for their mental health.

- 6.1** NHS Inform
- 6.2** Mind to Mind
- 6.3** Together Let's Care
for your Mental Health
- 6.4** NHS 24 Mental Health
Hub at 111
- 6.5** Clear Your Head
- 6.6** Breathing Space
- 6.7** Samaritans
- 6.8** Living Life to the Full
- 6.9** Mind: Side by Side



[Living Life to the Full](#)

6.8

These free online courses cover low mood, stress and resilience. People can work out why they feel as they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. The courses are free for individuals using them in their own lives.

- 6.1** NHS Inform
- 6.2** Mind to Mind
- 6.3** Together Let's Care
for your Mental Health
- 6.4** NHS 24 Mental Health
Hub at 111
- 6.5** Clear Your Head
- 6.6** Breathing Space
- 6.7** Samaritans
- 6.8** Living Life to the Full
- 6.9** Mind: Side by Side



Mind: Side by Side

6.9

Mind provides support to empower anyone over the age of 18, experiencing a mental health problem.



Perinatal and Parent Support

7

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



Ready Steady Baby

7.1

Ready Steady Baby provides advice on health and wellbeing, including relationships and mental health is available at NHS inform.

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



The Women and Families Maternal Mental Health Pledge

7.2

The Pledge was developed by women with lived experience and sets out expectations around perinatal mental health care. There is more information at [NHS inform](#).

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



The Scottish Perinatal Mental Health Care Pathways

7.3

The Pathways have been developed to help women, their infants and families, access the most appropriate specialist perinatal and infant mental health care, should they require it. This care should be available wherever a woman lives in Scotland. For referrers and service providers, they should help guide the development of pathways into care which are responsive to the needs of their local population and service organisation.

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



Perinatal and Infant Mental Health Third Sector Service Directory

7.4

The Perinatal and Infant Mental Health (PIMH) Third Sector Service Directory is a repository of PIMH services across Scotland which can be filtered by area or service required.

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



Parent Club

7.5

Parent Club is a national resource which is linked to the baby box scheme and Ready Steady Baby, resources that all new parents are provided with if they wish. Parent Club is tailored for new mums, expectant parents and parents, providing advice on how they can support their own mental health and wellbeing, as well as how they can support the wellbeing of their babies and children. The content has been increased substantially in response to the impacts of Covid-19. The platform also provides signposting to other supports and services, and a link to free antenatal Solihull training for parents, to support mental health, mindfulness and attachment in pregnancy and postnatal. This resource is signposted from various websites and is available through web searches.

- 7.1** Ready Steady Baby
- 7.2** The Women and Families
Maternal Mental Health Pledge
- 7.3** The Scottish Perinatal Mental
Health Care Pathways

- 7.4** Perinatal and Infant Mental Health
Third Sector Service Directory
- 7.5** Parent Club
- 7.6** Solihull Online



Solihull Online

7.6

Solihull Online is a resource which provides additional support for parents, children and young people, aimed at improving parent-child relationships, managing problematic behaviour and promoting positive mental health. Free online access is available for every parent in Scotland with a child between 0–19 years old. It will allow for a 24 month registration period plus lifetime access after that. The resource can be accessed [here](#) and enter the code word “tartan”.



Family and Relationship Support

8

8.1 Relationship Scotland



Relationship Scotland

8.1

Relationship Scotland is Scotland's largest provider of relationship counselling, family mediation and child contact centre services.



Violence Against Women and Girls

9

-
- 9.1 Domestic Abuse
 - 9.2 That's Not OK | Young Scot





9.1

Domestic Abuse

On average between 1 in 3 and 1 in 5 women will experience domestic abuse in the course of her lifetime (2019). Whatever form it takes, violence against women and girls can have both an immediate and long-lasting impact on the women, children and young people directly involved and it can directly affect mental health. It is important for members of the Mental Health and Primary Care Service teams to respond compassionately and appropriately to any disclosure made, have a basic understanding of consent, know what a healthy relationship and domestic abuse look like, and be able to refer onto a another service, when needed.

The Domestic Abuse Training Toolkit is a learning resource for professionals. It also contains a map to local support services.





That's Not OK | Young Scot

9.2

That's Not OK is a resource co-designed with and for young people on consent, healthy relationships and these different forms of violence. [Healthy relationships and consent](#): key messages for young people on healthy relationships and consent for any professional working with young people age 11-up. These work just as well for adults.



Eating Disorders

10

10.1 Beat



Beat

Beat provides a range of [support services for children and adults](#) with an eating disorder or disordered eating. They also provide [support to parents and carers](#) of those with an eating disorder. This includes telephone support programmes, weekly peer-to-peer support groups, and workshops. They also have a dedicated helpline for Scotland, 0808 801 0432, where individuals can speak to a trained support worker.



Survivors of Childhood Abuse

11

- 11.1** Survivors of Childhood Abuse Support (SOCAS) Fund
- 11.2** Future Pathways



Survivors of Childhood Abuse Support (SOCAS) Fund

11.1

Twenty-nine organisations across Scotland are funded to provide support to all adult survivors of childhood abuse. Further information about the funded organisations can be found at [Survivors of Childhood Abuse Support Fund: 2020-2021 - gov.scot \(www.gov.scot\)](https://www.gov.scot/resources/consultation-papers/cas2020-2021/)



Future Pathways

11.2

Future Pathways offers help and support to people who were abused or neglected as children while they were living in care in Scotland.



Veterans

12

12.1 Veterans First Point

12.2 Combat Stress



Veterans First Point

Scottish Veterans are able to access support from an NHS veteran specific mental health and well-being provider, Veterans First Point (V1P).

V1P has locations in Tayside, Lothian, Ayrshire & Arran, Lanarkshire, Fife and the Scottish Borders. V1P can be contacted at [Veterans First Point](#) or at 0131 220 9920. V1P is a service designed by veterans for veterans. It works in partnership to meet the needs of veterans whatever they may be. If veterans would like to speak to someone who has also been in the services, V1P employ peer support workers who are able to help veterans and their family members get appropriate help.



12.2

Combat Stress

Combat Stress provides care and treatment to veterans with complex mental health issues across Scotland; this includes PTSD, complex PTSD, moral injury and anxiety and depression. Support can be provided in the form of residential programmes, face to face interventions or via digital means.

Referrals can be made either by professionals or the veteran themselves. The 24-hour helpline will provide access to services and a point of immediate support.

Combat Stress can be contacted on:
0800 138 1617
Email: helpline@combatstress.org.uk
Text: 07537 173683



Sensory Impairment

13

- 13.1 RNIB
- 13.2 Macular Society
- 13.3 Eye Scot





RNIB

13.1

The RNIB Scotland works on behalf of all people in Scotland with sight loss.



Macular Society

13.2

The Macular Society offers information and counselling services within the field of sight loss.



Eye Scot

13.3

Eye Scot Support Workers/Eye Care Liaison Officers are available in many areas to provide emotional support to people affected by sight loss.



Autism Support

14

14.1 National Organisations



National Organisations

14.1

There are a number of national organisations that offer support to autistic people and their families.

Scottish Autism, a national Scottish charity, operates an Autism Advice Line which is staffed by advisors who are trained and experienced in working with autistic people and their families. There is also a live chat facility, which can be accessed via the chat bubble at the bottom right hand corner of [Scottish Autism's website](#).

The [National Autistic Society](#) has an advice and guidance section which includes information on benefits and health. The [Autism services directory](#) details services and supports for autistic people in their local area.

You can also find a range of information and resources at the [Autism Information Hub](#) which is maintained by Autism Understanding Scotland to provide autistic people, parents and professionals with accessible information about autism. It has information about common autistic difficulties, ways autism can impact mental health and advice designed for autistic people by autistic people.

[SWAN](#) supports autistic women and has information on attending health care appointments, daily living and wellbeing.



Learning Disabilities Support

15

15.1 People with a learning disability,
their families and carers

15.2 NHS Education for Scotland
Learning Disability website



People with a learning disability, their families and carers

15.1

People with learning disabilities and their families and carers, can access a number of support resources from local and national charities operating in Scotland. [ENABLE Scotland](#) is a national Scottish charity that offers support to people with learning disabilities, their families and carers. They operate an advice line as well as online resources. Promoting a More Inclusive Society ([PAMIS](#)) is a national Scottish Charity that offers support and advice to people with Profound or Multiple Learning/Intellectual Disabilities and their families. [Down's Syndrome Scotland](#) is the national organisation for people with Down's Syndrome and their families and carers. Local groups may also be operating in your area.



[NHS Education for Scotland Learning Disability website](#)

15.2

A refresh of the NHS Education for Scotland Learning Disability website is currently underway and will be continuously updated with further training, support and signposting for both professionals and individuals. This will also include resources, training and guidance to assist with the annual health check process for people with learning disabilities.



Dementia Support

16

16.1 Dementia support organisations



Dementia support organisations

16.1

A number of organisations such as [NHS Education for Scotland](#), [Scottish Social Services Council](#), [Alzheimer Scotland](#) (Scotland's national dementia charity), [About Dementia](#) (part of Age Scotland) and [Healthcare Improvement Scotland](#) have produced online digital publications and resources. These publications and resources are aimed at providing a wide range of information relating to dementia, including care and support for the condition, transport, housing, human rights and technology with people living with dementia, their families and carers, health and social care staff and the general public. A key area of support for all people living with dementia in Scotland is post-diagnostic support, which is provided for up to one year following a formal diagnosis.



Suicide Prevention and Self-harm 17

17.1 Suicide Bereavement
Support Service pilot





Suicide Bereavement Support Service pilot

17.1

A suicide bereavement support pilot service is currently underway, covering the NHS Highland and NHS Ayrshire & Arran health board areas, and being provided by [Support In Mind Scotland](#) and [Penumbra](#) as joint partners.

The pilot service provides early advice and assistance to bereaved families, as well as practical support such as help in arranging a funeral, advice on financial issues and the Crown Office and Procurator Fiscal (COPFS) process, an assessment of need, a safety plan, and signposting to local organisations which can further assist the family.

The service operates seven days a week and initial contact with bereaved families is made within 24-hours of a referral. The pilot is running for an initial period of two years.

Individuals who wish to self-refer to the service may do so by emailing suicidebereavementsupport@nhs.scot or by phoning 0800 471 4768. All calls to this number are free and every contact will be responded to within 24 hours. Voice files of calls received at any time of the day or night are forwarded on to the email address above. Additionally, a self-refer form is available by emailing the service and may be passed on from users of the service to others who may wish to use the service.



Addiction Support

18

18.1 Alcohol and Drug Partnerships

18.2 Know the Score

18.3 Nationally Commissioned
Organisations (NCOs)

18.4 Alcoholics Anonymous

18.5 Gamblers Anonymous Scotland

18.6 Narcotics Anonymous



Alcohol and Drug Partnerships

18.1

Services in local authority areas are commissioned through Alcohol and Drug Partnerships. These are multi-agency groups tasked by the Scottish Government with tackling alcohol and drug issues through partnership working.

Councils will have a list of all services ([Appendix 6](#)) in their areas; search 'drugs and alcohol' in the relevant council's website to find out what is available locally.



Know the Score

18.2

Know the Score provides up to date information on drugs and the laws around substance use. They run a dedicated helpline, 0800 587 5879, which individuals can contact for advice on what support is available near them.



Nationally Commissioned Organisations (NCOs)

18.3

There are a number of NCOs which support the delivery of the National Mission to reduce drug deaths and harms in Scotland and the Alcohol Framework.

[Alcohol Focus Scotland](#) works to reduce alcohol harm and the impact of alcohol on individuals, families, communities and Scotland as a whole through the implementation of effective alcohol measures.

[Scottish Families Affected by Alcohol and Drugs](#) support families across Scotland who are affected by substance misuse, and raise awareness of the issues affecting them. One way in which this support for families is provided is through a families helpline which can be contacted by individuals if they are concerned about someone else's drug or alcohol use. Opening from 9 am – 11 pm on weekdays and offering an out of hours call back service, the number for this service is 08080 10 10 11.

[The Scottish Drugs Forum](#) is a drugs policy and information agency which is working to reduce drugs harm in Scotland and provide a wide range of training and support to people who use substances and people working in the sector.

[Crew](#) is a nationwide public health charity that aims to reduce the harm and stigma associated with psychostimulant drug use.

[The Scottish Recovery Consortium](#) is a recovery-oriented charity that builds and promotes recovery from addictions in Scotland.

[We Are With You](#) is a charity which provides free confidential support to people who are experiencing issues with drugs, alcohol or mental health. We Are With You launched '[Never Use Alone](#)', a free phone line which allows trained staff to stay on the line while people are using drugs to ensure that they remain safe. The number is free to call on 0808 801 0690 and is currently available to people in Glasgow and Ayrshire.



Alcoholics Anonymous

18.4

Alcoholics Anonymous is an international mutual aid fellowship, dedicated to abstinence-based recovery from alcoholism through its spiritually inclined Twelve Step program.



Gamblers Anonymous Scotland

18.5

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.



Narcotics Anonymous

18.6

Narcotics Anonymous is a community of people who support each other to achieve and maintain a drug free life. The only requirement for participation in NA is a desire to stop using drugs.



National Initiatives/Funds

19

19.1 Communities Mental Health
and Wellbeing Fund



Communities Mental Health and Wellbeing Fund

19.1

The Communities Mental Health and Wellbeing Fund has been established with £15 million allocated to support mental health and wellbeing in communities across Scotland.

This new fund is being delivered and managed by Third Sector Interfaces (TSIs) in partnership with local integrated health authorities and other partners including Community Planning Partnerships and local authority mental health leads.

The fund aims to support adult community-based initiatives to help address the impact of distress and mental ill health caused by social isolation and loneliness, as well as addressing the mental health inequalities exacerbated by the Covid-19 pandemic.

Grass roots community groups and third sector organisations will be able to benefit from the funds to deliver activities and programmes to people to reconnect and revitalise communities, building on examples of good practice which have emerged throughout the pandemic.



Scottish Recovery Network

20

20.1 Introduction

20.2 SRN Peer Support



Introduction

20.1

As part of the wider picture in support of promoting the concept of recovery from mental health problems, the Scottish Government is responsible for funding and overseeing policy relating to the Scottish Recovery Network (SRN), an organisation that seeks to make mental health recovery a reality for everyone in Scotland.

The work of SRN makes a valuable contribution to improving Scotland's mental health in promoting positive messages on recovery and support across communities in Scotland.

SRN was founded in 2004 and has been funded by the Scottish Government since then. It is hosted by Penumbra, one of Scotland's largest mental health charities. Its strategic aims are to:

- work with others to support communities and the people within them to achieve their recovery potential;
- place lived experience at the centre of health and social policy in Scotland; and
- support and share recovery learning and approaches.



20.2

SRN Peer Support

- Let's do [Peer2Peer](#) – this short animation (1 minute 21 seconds) explores what Peer2Peer is and how to get involved.
- [Jasmal](#) is a Recovery Practitioner (Peer) and WRAP Facilitator in Aberdeen with mental health charity Penumbra. In this short animation (2 minutes watch) she tells us about her experience of bereavement and the positive impact peer support has on her life both personally and professionally.
- [Andy's story](#) – Peer support worker shares his experience of receiving peer support and how it helped him to recover from mental health illness.



Service User Feedback Tool

21

21.1 Care Opinion Scotland



Care Opinion Scotland

21.1

Care Opinion Scotland is an independent, open and transparent way for service users and the public to share their stories and experiences of health and social care services across Scotland. All health boards in Scotland are using Care Opinion to listen to what people and their families have to say, are responding and showing where they are making improvements as a result.



Guidance

22

22.1 Adults with incapacity:
guide to assessing capacity



Adults with incapacity: guide to assessing capacity

22.1

This guidance has been produced to support professionals in assessing the capacity of individuals who may come under protection of the Adults with Incapacity (Scotland) Act 2000. It is designed to assist practitioners involved in conducting community care assessments by having more detailed guidance on communication and assessment of capacity.



Appendices

23

- 23.1** Appendix 1: Digital and social prescribing evidence and further reading
- 23.2** Appendix 2: Social Prescribing
- 23.3** Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

- 23.4** Appendix 4: NHS Board Information
- 23.5** Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework
- 23.6** Appendix 6: Local contacts – Alcohol and Drug

23.1 Appendix 1: Digital and social prescribing evidence and further reading

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23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

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23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 1: Digital and social prescribing evidence and further reading

23.1

Digital Innovation

- [Enabling, Connecting and Empowering: Care in the Digital Age, Scotland’s Refreshed Digital Health and Care Strategy.](#)
- [Accessing and Navigating the Mental Health Landscape in Scotland: Opportunities for Digital Innovation.](#)

| | |
|--------------------------------|--|
| cCBT | Online sessions, delivered CBT modules, animated sequences, video clips, case studies and CBT exercises. |
| ieCBT | Clinician lead CBT treatment delivered in written form. Overcomes geographical barriers. |
| Near Me (video enabled) | Tele-psychiatry and tele-psychology integrated into existing services, delivered via Attend Anywhere Video Conferencing Platform. |
| Online Self-help | Online interactive psychological self-help guides hosted on national site NHS Inform. |
| Self-management | Categories: Self-Monitoring, Mindfulness/Relaxation, Reminders, Peer Support, Mood Trackers, Self & Risk Management. Conditions; ADHD, Autism, Addictions, Anxiety, Bipolar, Depression, Eating Disorders, Panic, Phobias, Stress, Brain injury. |

[Section 2.11](#)

23.1 Appendix 1: Digital and social
prescribing evidence and
further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper –
NHS Education for Scotland
and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children
and Young People – Community Mental
Health and Wellbeing Supports and
Services Framework

23.6 Appendix 6: Local contacts –
Alcohol and Drug

Appendices



Appendix 1: Digital and social prescribing evidence and further reading – continued

Cognitive Behavioural Therapies

- [Big Health](#)
- [Silver Cloud](#)
- [IESO](#)

Video consultations; Near Me

- [ESSS Outline - video consulting in social care](#)
- [ESSS Outline - digital inclusion](#)
- [Best practice in using video calling in social work](#)
- [Attend Anywhere/Near Me video consulting service evaluation 2019-2020: report \(University of Oxford\)](#)
- [Near Me Equality Impact Assessment \(2020\)](#)
- [Video consultations- public and clinician views: consultation summary \(2020\)](#)
- [Near Me in Social Services](#)

listen to:

- [An introduction to Near Me in Social Services](#) Louise Bowen, IRISS
- [‘Tools and techniques for remote communication’](#) Janet Crozier, Knowledge Manager, Knowledge Services, NHS Education for Scotland
- [‘Digital inclusion’](#) Aaron Slater, Digital Participation Manager SCVO,
- [‘Using near me in practice’](#) Tanya Anderson GIRFEC Development Officer at CrossReach.

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 2: Social Prescribing

23.2

- [A Desk Review of Social Prescribing: from origins to opportunities](#)
- [Tackling social isolation and loneliness: Consultation analysis](#)
- [Social Prescribing for Mental Health: Guidance paper](#)

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.3

Supporting the Learning Needs of the Scottish Workforce: Mental Health, Self-Harm and Suicide Prevention

Purpose

This briefing provides a summary of the resources available to support the learning needs around mental health, self-harm and suicide prevention of the Scottish workforce. It is aimed at commissioners, learning and development leads, workforce planners as well as individual staff who are working in all sectors in Scotland.

Background

This briefing paper provides information on digital resources that have been developed in collaboration by Public Health Scotland and National Education for Scotland (NES) and in partnership with local areas and those with lived experience. These free digital resources are already being used across Scotland and continued interest from a wide range of agencies and individuals.

The learning resources outlined below provide an opportunity for those individuals who have previously attended training such as Scotland's Mental Health First Aid (SMHFA); SMHFA YP (young

persons); ASIST and safeTALK programmes to refresh their knowledge on mental health and suicide prevention as well as expanding their knowledge around self-harm.

However, we recognise that some areas/groups might require further support to look at the needs of their workforce and how these resources could aid their learning and development needs – for example:

- Through practical support to consider how current learning needs could be complemented with the range of digital resources available;
- Working through a supportive tool to consider how supported learning can enhance/change practice;
- Testing out the resources and/or facilitation sessions in a multi-agency or cross agency setting that are relevant for your own area/service, and;
- Sharing examples of service experiences that can be included as case examples.

The digital resources developed so far cover two levels: Informed and Skilled.

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland – continued

Informed Level - Target Audiences

The essential knowledge and skills required by everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and other's mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

Skilled - Target Audiences

The knowledge and skills required by 'non-specialist' frontline staff working in health, social care and wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

Informed Level Resources

Ask, Tell Animations - Adult

Three educational animations which inform individuals working with adults about mental health, how to maintain this; the factors that can lead to mental distress or mental ill health; how to have compassionate conversations which sets out how to support people who are experiencing mental distress or may be feeling suicidal and help them seek help.

Timing: Each animation is around 5 minutes. Although these can be viewed on their own, it would be recommended that these are viewed as part of a wider learning activity. (See ELearning Module)

Access: Ask, Tell, Look After Your Mental Health. Understanding mental health and keeping mentally healthy (open access: <https://vimeo.com/338176495>)

Ask, Tell, Have a Healthy Conversation supporting compassionate conversations with people who may be experiencing mental ill-health or distress or at risk of suicide (open access: <https://vimeo.com/338176444>)

Ask, Tell, Save a Life: Every Life Matters suicide prevention and keeping people safe (open access: <https://vimeo.com/338176393>)

ELearning module

A standalone e-learning module which combines the three animations with 'check your learning' multiple choice questions at the end of each animation.

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland – continued

Timing: This will differ for each individual dependent upon current knowledge and learning needs. The eLearning module can be completed in as short as one hour. Access: <https://learn.nes.nhs.scot/17262>

Facilitated Workshop option

A facilitation pack is available to support the delivery of informed level workshops and support local delivery via a digital platform. This provides the opportunity to deliver each of the animations in a structured interactive session, providing the opportunity to explore issues further. This option is available for those facilitators who have knowledge and experience within mental health and/or suicide prevention.

Timing: Each of the facilitated sessions have been developed as 1-hour sessions. (Three in total)

Access: <https://learn.nes.nhs.scot/35565>

Promoting Children and Young People’s Mental Health and preventing Self-Harm and Suicide Animations

Three educational animations support learning about mental health, self-harm and suicide prevention specifically for the wider Children and Young People’s workforce. These animations support individuals to understand the factors that influence mental health and resilience in children and young people; engage proactively with children and young people about mental health, self-harm and suicide; and recognise when to seek help to support those in their care.

ELearning module

A standalone e-learning module which combines the three animations with ‘check your learning’ multiple choice questions at the end of each animation.

Timing: This will differ for each individual dependent upon current knowledge and learning needs. The eLearning module can be completed in as short as one hour. Access: <https://learn.nes.nhs.scot/55471>

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

23.3 Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland

23.4 Appendix 4: NHS Board Information

23.5 Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.6 Appendix 6: Local contacts – Alcohol and Drug

Appendices



Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland – continued

Facilitated Workshop option

A facilitation pack will be available to support the delivery of workshops and support local delivery via a digital platform.

This provides the opportunity to deliver each of the animations in a structured interactive session, providing the opportunity to explore issues further, either as a team and/or across different sectors. This option is available for facilitators who have knowledge and expertise within mental health and/or suicide prevention. Access: <https://learn.nes.nhs.scot/35565>

Supporting a mentally healthy workplace: a guide for managers

A presentation is available for managers, team leads and people in similar roles. It is designed to help you to be better able to support the mental health of employees and to encourage good practice in promoting positive mental health and wellbeing in the workplace: Access: <https://learn.nes.nhs.scot/46641>

Skilled Level Resources

Five Learning Bytes which cover topics such as inequalities, stigma, and the wider factors and life experiences that impact on people's mental health such as employment, housing, relationships, physical health, substance use and trauma. These Learning Bytes include a range of case studies that help build knowledge and skills on the following areas:

Learning Byte 1: Promoting Mental Health and Tackling Inequalities. Includes understanding what mental health is, features of positive mental health, determinants of mental health, trauma and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace. Access: <https://learn.nes.nhs.scot/37027>

Learning Byte 2: Supporting People in Distress and Crisis. Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help and problem-solving and knowing how and when to access more urgent support for someone. Access: <https://learn.nes.nhs.scot/38199>

23.1 Appendix 1: Digital and social prescribing evidence and further reading

23.2 Appendix 2: Social Prescribing

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23.4 Appendix 4: NHS Board Information

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Appendices



Appendix 3: Briefing Paper – NHS Education for Scotland and Public Health Scotland – continued

Learning Byte 3: Supporting People at Risk of Suicide. Includes the factors that may lead people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide. Part B includes additional information about children and young people who may be at risk of suicide. Access: <https://learn.nes.nhs.scot/41022>

Learning Byte 4: Supporting People at Risk of Self-Harm. Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and protective factors associated with self-harm, ways you can positively respond to and talk about self-harm. Access: <https://learn.nes.nhs.scot/39315>

Learning Byte 5: Supporting Recovery and Quality of Life for People Living with Mental Ill Health.

Includes understanding the concept of recovery and how to work in a way that promotes this, supporting people to engage with wider community resources that promote social and peer support, meaningful purpose and positive relationships, understanding the physical health problems and barriers to treatment and lifestyle change that can be experienced by people living with mental ill health, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life. Access: <https://learn.nes.nhs.scot/38200>

The learning bytes are designed to be used flexibly by individuals, teams, organisations to meet local learning and development needs and priorities. Each of the learning bytes can take an individual around 3-4 hours dependant on current knowledge of topics. Times may vary if working through the learning bytes as part of a team or group.

For further information on these resources or to explore ways to be more involved, please contact:

The PHS/NES Team
Email: Psychology@nes.scot.nhs.uk



Appendix 4: NHS Board Information

23.4

| Health Board | Green Health Partnerships | Digital mental health email contact | Mental health webpage |
|-------------------------------|---|---|--|
| NHS Ayrshire and Arran | North Ayrshire Green Health Partnership | | NHS Ayrshire & Arran - Mental Health and Wellbeing (nhsaaa.net) |
| NHS Borders | | mh.digitalteam@borders.scot.nhs.uk | www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/mental-health-and-wellbeing/ |
| NHS Dumfries and Galloway | | dg.ccbt@nhs.scot | Mental Health and Wellbeing – NHS Dumfries & Galloway (nhsdg.co.uk) |
| NHS Fife | | fife.ccbtadmin@nhs.scot.fife | https://www.accesstherapiesfife.scot.nhs.uk Local Support and Resources - Mental Health - Access Therapies Fife NHS (scot.nhs.uk) |
| NHS Forth Valley | | fv.beatingtheblues@nhs.scot | NHS Forth Valley – Mental Health & Wellbeing |
| NHS Grampian | | | Mental Health and Psychological Wellbeing Support (nhsgrampian.org) |
| NHS Greater Glasgow and Clyde | | ccbtc@ggc.scot.nhs.uk | NHSGGC : Mental Health Services |
| NHS Highland | Highland Green Health Partnership | nhsh.beatingtheblues@nhs.scot (for argyll and Bute only, not highland north) | Highland Mental Wellbeing – A collection of resources to support mental wellbeing (scot.nhs.uk) |



Appendix 4: NHS Board Information – continued

| Health Board | Green Health Partnerships | Digital mental health email contact | Mental health webpage |
|-------------------|--|---|--|
| NHS Lanarkshire | Lanarkshire Green Health Partnership | Simon.Stuart@lanarkshire.scot.nhs.uk and ccbtl@lanarkshire.scot.nhs.uk | Lanarkshire Mind Matters |
| NHS Lothian | | ccbtl@nhslothian.scot.nhs.uk | Home - Wellbeing Lothian |
| NHS Orkney | | | Mental Health NHS Orkney (scot.nhs.uk) |
| NHS Shetland | | | NHS Shetland: Mental Health (scot.nhs.uk) |
| NHS Tayside | Dundee Green Health Partnership NatureScot | | NHS Tayside (scot.nhs.uk) |
| NHS Western Isles | | | Mental Health and Learning Disability Services - NHS Western Isles Serving the Outer Hebrides of Scotland. |



Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

23.5

| Local Authority | Website / point of contact |
|---------------------|---|
| Aberdeen City | Fitlikehubs@aberdeencity.gov.uk |
| Aberdeenshire | gwen.robertson@aberdeenshire.gov.uk |
| Angus | |
| Argyll and Bute | |
| Clackmannanshire | https://sites.google.com/view/directory-of-mental-health-sup/MHWBinClackmannanshire |
| Dumfries & Galloway | |
| Dundee | |
| East Ayrshire | WellbeingModel@east-ayrshire.gov.uk |
| East Dunbartonshire | |
| East Lothian | Mental Health and Wellbeing (google.com) |
| East Renfrewshire | https://blogs.glowscotland.org.uk/er/healthierminds/ HealthierMindsHub@eastrenfrewshire.gov.uk |
| Edinburgh | Support for families – The City of Edinburgh Council Edinburgh (nhslothian.scot) Locality Operational Groups (LOGs) - EVOC |
| Falkirk | Gillian.Campbell@falkirk.gov.uk |
| Fife | |



Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework – continued

| Local Authority | Website / point of contact |
|-------------------|---|
| Glasgow | |
| Highland | Jane.Park@highland.gov.uk |
| Inverclyde | Scott.Chalmers@inverclyde.gov.uk |
| Midlothian | www.mypas.co.uk Midlothian Sure Start Building Best Beginnings www.playtherapybase.co.uk www.homelinkfamilysupport.org www.playmidlothian.org.uk Artlink – creative thinking – positive solutions (artlinkedinburgh.co.uk) JudyPaul@newbattleabbeycollege.ac.uk |
| Moray | Lindsay.Nelson@moray.gov.uk |
| North Ayrshire | North Ayrshire Community Wellbeing Supports and Services (glowscotland.org.uk) |
| North Lanarkshire | TierneyL@northlan.gov.uk |
| Orkney | |
| Perth & Kinross | https://www.yourcommunitypk.org/ |
| Renfrewshire | REN10 - Renfrewshire Mental Health and Wellbeing Platform |
| Scottish Borders | |
| Shetland | |
| South Ayrshire | South Ayrshire Community Mental Health Support (southayrshirecmhw.co.uk) |



Appendix 5: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework – continued

| Local Authority | Website / point of contact |
|------------------------|---|
| South Lanarkshire | eilidh.corral@southlanarkshire.gov.uk |
| Stirling | |
| West Dunbartonshire | WDHSCP@ggc.scot.nhs.uk |
| West Lothian | Inclusion and Support Service - Health & Social Care Partnership (westlothianhscp.org.uk) |
| Western Isles | elaine.mackay3@nhs.scot |



Appendix 6: Local contacts – Alcohol and Drug

23.6

| Local Authority | Website / point of contact |
|---------------------|--|
| Aberdeen City | Homepage - Alcohol & Drugs Action (alcoholanddrugsaction.org.uk) |
| Aberdeenshire | Alcohol and Drug Support, Treatment & Recovery in Aberdeen and Aberdeenshire (aberdeenshirealcoholdrugs.support) |
| Angus | Angus Integrated Drug and Alcohol Recovery Service (AIDARS) Angus Council |
| Argyll and Bute | Advice & Support (argyllandbuteadp.info) |
| Clackmannanshire | Forth Valley Alcohol & Drug Partnerships – Clackmannanshire & Stirling ADP (nhsforthvalley.com) |
| Dumfries & Galloway | Specialist Drug And Alcohol Service – Dumfries & Galloway Health & Social Care (dghscp.co.uk) |
| Dundee | NHS Tayside (scot.nhs.uk) |
| East Ayrshire | Alcohol and drugs advice and support · East Ayrshire Council (east-ayrshire.gov.uk) |
| East Dunbartonshire | Alcohol and Drugs Recovery Service East Dunbartonshire Council |
| East Lothian | Drugs misuse Health and medical information East Lothian Council |
| East Renfrewshire | Alcohol and drugs Services - East Renfrewshire Council |
| Edinburgh | Edinburgh Alcohol and Drugs Partnership – Supporting Drug and Alcohol recovery in Edinburgh (edinburghadp.co.uk) |
| Falkirk | Health & wellbeing - Alcohol & drug awareness Falkirk Council |
| Fife | FIRST Drug and Alcohol Addiction Support Fife (firstforfife.co.uk) |
| Glasgow | Alcohol and Drug Partnership (ADP) - Glasgow City Council |
| Highland | Highland Alcohol & Drug Partnership HADP Information relating to drugs and alcohol in the Highland area (highland-adp.org.uk) |
| Inverclyde | Inverclyde ADP - Inverclyde Alcohol & Drug Recovery Services |
| Midlothian | MELDAP Midlothian & East Lothian Drugs And Alcohol Partnership (meldap-recovery.co.uk) |
| Moray | Moray Integrated Drug and Alcohol Services (madp.info) |



Appendix 6: Local contacts – Alcohol and Drug – continued

| Local Authority | Website / point of contact |
|---------------------|---|
| North Ayrshire | North Ayrshire Drug & Alcohol Recovery Service (NADARS) - Health and Well-being (nhsinform.scot) |
| North Lanarkshire | North Lanarkshire Addiction Recovery Team (ART) contact details North Lanarkshire Council |
| Orkney | Orkney Alcohol and Drugs Partnership - Local Service Directory (orkneyadp.org.uk) |
| Perth & Kinross | Drug, Alcohol, Blood Borne, Carers, Homeless Resettlement Team Perth & Kinross Employability Network (pkemploy.net) |
| Renfrewshire | Renfrewshire Health and Social Care Partnership - Alcohol & Drug Partnership (ADP) (hscp.scot) |
| Scottish Borders | Borders drug and alcohol services Addictions Scottish Borders Council (scotborders.gov.uk) |
| Shetland | New Recovery Hub and Community Network to support anyone affected by drug or alcohol issues – Shetland Islands Council |
| South Ayrshire | Alcohol, Drug and Recovery Services - South Ayrshire Council (south-ayrshire.gov.uk) |
| South Lanarkshire | SL Alcohol and Drug Partnership - South Lanarkshire Council |
| Stirling | Forth Valley Alcohol & Drug Partnerships – Clackmannanshire & Stirling ADP (nhsforthvalley.com) |
| West Dunbartonshire | Addictions West Dunbartonshire Council (west-dunbarton.gov.uk) |
| West Lothian | WLDAS Home |
| Western Isles | Alcohol Drug Partnership (outerhebadp.com) |



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