Resources for Mental Health and Wellbeing in Primary Care Services

December 2024

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Introduction

This resource has been developed to support staff working in general practice.

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 the document, please email MHWPCServices@gov.scot.

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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.

This icon will help you navigate to relevant pages within the resource.

Trauma-informed Practice – Training and Implementation Support 1.2

Psychological trauma, including adverse and traumatic experiences in childhood and adulthood, is more common than we often assume.

Many of us will recover without the need for professional therapy or treatment, but if we are not supported, it can have a wide range of negative impacts, including on our physical and mental health and wellbeing. People experiencing multiple forms of trauma and adversity are more likely to experience greater inequalities in outcomes.

Trauma and adversity can impact our ability to feel safe in relationships, to manage strong emotions, and to view ourselves as worthwhile. Many settings can unwittingly provoke strong reminders of the trauma we experienced. For these reasons, and others, our experience of trauma can create invisible barriers to many services and opportunities in life.

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

It is also important to remember that, as members of the workforce, we are also members of the general population and are likely to have experienced the impacts of trauma too, whether in our personal lives or through the course of our work. We know that we need to be well in order to support others to the best of our abilities. It is vital that as staff we feel safe and supported when we are caring for and supporting others,

particularly because those of us directly supporting people affected by trauma and mental health difficulties can face an increased risk of experiencing vicarious trauma, moral injury and compassion fatigue.

The National Trauma Transformation Programme (NTTP) was established in 2018 to support a trauma-informed workforce and services across Scotland. Its aim is that services and care are delivered in ways that prevent further harm or re-traumatisation for children, young people and adults affected by trauma and adversity, and that support everyone's unique journey of recovery.

The key components of the National Trauma Transformation Programme are:

- A Knowledge and Skills Framework for Psychological Trauma, which sets out the level of knowledge and skills that anyone in the workforce needs, depending on their role, to be able to recognise and respond to trauma appropriately.
- A Transforming Psychological Trauma Training Plan, which should be read alongside the Knowledge and Skills Framework, provides essential guidance and planning tools.
- Evidence-based trauma training resources and tools, guidance and support for implementation, including animations, e-learning modules, skills based training and resources to support staff wellbeing. An overview of these resources can be found on the NHS Education for Scotland site.
- A series of companion documents has been developed to support people, strengthen their understanding of how taking a trauma-informed approach can support both improved outcomes for the people they support and staff wellbeing and safety. Some examples include a trauma-informed practice and domestic abuse companion document, and a care experience and trauma-informed practice companion document.
- A Roadmap for Creating Trauma-Informed and Responsive Change: Guidance for Organisations, Systems and Workforces in Scotland was published in November 2023. This resource is designed to help services and organisations identify and reflect on progress, strengths and opportunities for embedding a trauma-informed and trauma-responsive approach across policy and practice.
- Transforming Psychological Trauma Implementation Coordinators (TPTICs), based in each health board, provide trauma expertise to organisations and Trauma Champions in their local area to support training, coaching, implementation and collaborations with people with lived experience of trauma. To find out who your local TPTIC is please contact Psychology@nes.scot.nhs.uk.
- A Local Trauma Champions Network, consisting of senior leaders from Local Authorities, Health and Social Care Partnerships, Health Boards, and key community planning partners is responsible for overseeing, encouraging and raising awareness of trauma-informed and trauma responsive practice across all services in their area. To find out who your local Trauma Champion is please contact trauma@improvementservice.org.uk. More information can be found on the National Trauma Transformation Programme website.

Suicide prevention and self-harm learning resources 1.3

1.3.1 Time Space Compassion

When we seek to support people experiencing distress, crisis, and suicidality, it's key that we:

✓ offer them **time** to talk and feel listened to,

✓ give them **space** to make sense of what's going on for them, and

✓ show **compassion** in how we respond and what we do next.

The Time Space Compassion principles and approach brings together lived and living experience, practice, evidence and expertise in the form of:

- a set of principles that you can use to guide your work and stay focused on what it means to provide a human and compassionate response
- an approach and resources that you can use on your own and with others, to reflect, learn and take actions that grow *our* collective ability to do this well
- ways to build and share what already works with others who share a commitment to improvement and positive change.

Time Space Compassion is an important part of the culture we are building around suicide prevention in Scotland.

You can find out more by:

- exploring the activities and resources covered by the introductory guide to Time Space Compassion along with the easy read guide
- reading examples of Time Space Compassion in practice, through this practice story collection and the Suicide Prevention Scotland's Medium pages
- listening to the Time Space Compassion podcasts, with contributions from people with lived and living experience and practice expertise.

1.3.2 Suicide Prevention Learning Resources

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 1 provides descriptions of those resources and the relevant links.

These resources are part of the The Knowledge and Skills framework which adopts a public health approach to mental health improvement and suicide prevention that develops workforce capacity to improve mental health, respond to self-harm and prevent suicide across the lifespan.

1.3.3 Self-harm training

NHS Education Scotland's Learning Byte 4: supporting people at risk of self harm is available on TURAS.

The learning covers: 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.

The Self-Harm Network Scotland also provides public and professional training to raise awareness, improve understanding and reduce stigma of self-harm. There are a range of different training opportunities that will enable you to choose the best option for you, your organisation and your training needs. All of the training is free and more information can be found at: Training - Self-Harm Network Scotland Penumbra (selfharmnetworkscotland.org.uk)

1.3.4 National Confidential Inquiry into Suicide and Safety in Mental Health

The National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) produces free evidence based reports, videos, learning resources, quality statements and improvement toolkits, designed to support safer services, including primary care services. Of particular relevance to primary care are their resources on self harm and safer services, sharing the evidence base safe practices around personalised risk management, family involvement, guidance on depression and early follow up on discharge.

1.3.5 Creating Hope for Peer Support

Scottish Recovery Network, through their work with Suicide Prevention Scotland, have produced learning resources to support community based peer support, including services working with and as a part of community settings.

1.3.6 Recognising & Responding to Distress e-learning module

This is a standalone e-learning module, designed and developed by the University of Glasgow and funded by the Scottish Government as part of the wider Distress Brief Intervention programme. The module enables and empowers organisations to provide a compassionate effective response to people who they encounter in distress. Please

note, this module is for organisations which are not part of the core DBI programme, i.e. they can provide support to people in distress, but they cannot make referrals to DBI Level 2.

Interested organisations can contact the University of Glasgow via the email shw-rr2d@glasgow.ac.uk to request access to the module.

Suicide Prevention & Self-harm

Digital 1.4

1.4.1 Near Me e-learning modules

Near Me is a web-based system which is a safe and secure video consulting service powered by the Attend Anywhere platform, offering video call access to their services.

To access the eLearning modules you will need to have a Turas account. Anyone who works or volunteers in or with the public sector in Scotland (including third/voluntary sector or if you work in care homes, care at home or day care) can sign up for a Turas account.

New to Near Me video calls aims to equip service providers with the capability to carry out a Near Me consultation with confidence.

Near Me: video consultation skills eLearning aims to leave service providers aware of, and confident in applying, the different skills required for video consulting, compared to in-person or telephone consultations.

Near Me

1.4.2 Thriving in a Digital Age Pathways

The Thriving in a Digital Age Pathways are intended to build understanding of the role of digital in health and social care. By working through the pathways you will be challenged to think about what you know and your understanding of working with a digital mindset.

There are four cumulative pathways; **Explore**, **Embed**, **Drive** and **Shape**. Each pathway contains five steps for you to work through. Each step consists of links to a resource (something to read, watch, or listen to) and accompanying activities to help you reflect on what you have learnt, and consider how you can apply the learning in your own organisation. The themes chosen are developed over the course of the pathways, with each building on ideas introduced in the pathway before.

1.4.3 Digital and Data Capability Framework

The Digital and Data Capability Framework has been developed by NHS Education for Scotland on behalf of Scottish Government and COSLA, and is designed to support the development of digital capabilities for everyone working in health and social care in Scotland.

The framework applies to the entire health and social care workforce in Scotland – NHS, Local Authorities, Health and Social Care Partnerships, Social Work, Social Care, Care and Support Providers, Housing, Third and Independent Sectors – including managers, leaders and those in strategic positions.

Hosted on the Turas platform, the framework identifies the digital skills, knowledge and behaviours everyone needs do their jobs and deliver safe and good quality care and support.

The framework complements existing organisational and professional learning and development frameworks and should be used to improve individual, team and service digital capability and identify any specific learning needs.

Children and Young People 1.5

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

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.

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

1.5.2 Children and Young People aged 0-5 years resource to support mental health and wellbeing

A 0-5 years resource has been developed for people who work with babies, infants and young children which highlights learning materials including best practice guidance, online modules, websites, animations etc to support learning around infants', children's and families' mental health and wellbeing.

Perinatal and Parent Support

Open Badges 1.6

Open Badges are digital certificates recognising learning and achievement. If you can demonstrate that you've learned from materials produced by the Scottish Social Services Council (SSSC) you can earn an Open Badge.

Open Badges are a straightforward way to collect, manage and share evidence of learning in today's digital world. You can collect them to evidence your learning and share them in places that matter to you. When you share your badge with someone, they will be able to see criteria against which the badge was issues and any evidence that you provided to prove you met that criteria.

The SSSC and dozens of other social service organisations issue Open Badges to recognise continuous and informal learning that would otherwise go unrecorded.

You don't need to be registered with the SSSC. Most of the badges are available to anyone. Watch Getting started with Open Badges badge for more information.

Some badges you may be interested in:

Personal Outcomes Planning
Care Planning

Understanding Personal Outcomes
Care Planning

Supporting Unpaid Carers
Unpaid Carers

RNIB Top Tips Guides; Learning Disability and Sight Loss
Sensory Impairment

RNIB; See differently, Technology to support people with sight loss and dementia
Sensory Impairment

Where to go for Self-directed Support information
Self-directed Support

Palliative and End of Life Care: Care Planning and delivery (Informed level)

Palliative and End of Life Care: Communication and conversations (Informed level)

Public Health Scotland Learning Zone 1.7

The Public Health Scotland Learning Zone allows access to a range of learning resources, and aim to provide all learners from across the public, private, and third sectors with the knowledge and skills to work together to create a Scotland where everybody thrives.

National Physical Activity Pathway

Equality, Diversity and Human Rights essential learning 1.8

This eLearning module is an introduction to equality, diversity and human rights for health and social care workers in Scotland. It has been developed to meet the essential learning needs of the health and social care workforce in Scotland. By the end of the module, you will be able to:

- State the non-discrimination, equality and human rights responsibilities you and your organisation have.
- Identify discrimination, harassment, and inappropriate behaviour where you work.
- Identify actions you can take to challenge and prevent inappropriate behaviour.
- Identify the meaning of key words and why language is important.

Cultural Humility 1.9

This eLearning module has been designed to support the development of positive cultural humility values, attitudes and behaviours in the health and social care workforce in Scotland. This is an important introductory learning resource for building a culturally humble workforce.

Cultural humility is the practice of self-reflection used to consider how our backgrounds and the backgrounds of others can impact our relationships. Being culturally humble means being aware of social power imbalances, biases, and respecting other's values. This resource helps us to begin the journey of developing a cultural humility mindset through being open to what we haven't learned yet, embracing continuous learning, and promoting equity and inclusion across health and social care.

The module explores experiences related to race, ethnicity, language, age, gender, religion, values, and beliefs which have been shared by health and social care professionals working in Scotland.

By the end of this resource, you will be able to:

- understand the concepts that underpin cultural humility
- identify the key behaviours for developing an inclusive workplace
- apply a reflective approach aimed at transforming practice in health and social care.

The module also includes a resource pack of further activities which can be used to guide further learning within your team.

Cultural humility acknowledges that nobody can ever fully understand or master every aspect of a culture, and it encourages a lifelong commitment to understanding and respecting others' experiences, values, and worldviews.

Substance and Alcohol Use Support Resources 1.10

In order to access the learning, you will need to create an account or log into NHS Education for Scotland TURAS

1.10.1 Substance use and mental health training

Substance use and mental health training is available on Turas from NES, with specific modules which link to:

- Medication Assisted Treatment (MAT) Standards 6,9 and 10. All are related to psychological interventions.
- MAT Standards 4,6,8,9 and 10. All related to addressing stigma.

1.10.2 Scottish Families Affected by Alcohol & Drugs

The Scottish Families Affected by Alcohol & Drugs have developed information sheets which can be printed and posted out to people and include:

- Coping skills – Managing Emotions.
- Coping Skills – Ways of Responding.
- Understanding Substance Use – How do People Change?
- Why Families Need Support

Substance and Alcohol Use Section

The Mental Health and Money Toolkit 1.11

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.

Money Advice

Domestic Abuse Awareness Raising Tool 1.12

The Domestic Abuse Awareness Raising Tool is an online training resource for professionals. It provides an awareness-raising 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.

Violence against Women and Girls

Sensory e-learning modules 1.13

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'.

Sensory Impairment

Autism Learning and Research 1.14

1.14.1 Autism training for General Practitioners; Peer to Peer Learning

The National Autism Implementation Team (NAIT) have co-produced a resource from NHS England, which may be relevant for all health professionals and particularly staff working in primary care.

The learning can be access with the following OpenAthens link; password will be needed Resource (learninghub.nhs.uk).

1.14.2 National Autism Implementation Team

National Autism Implementation Team (NAIT) are a Scottish Government funded, practitioner researcher partnership based at Queen Margaret University.

Autism Support

Learning Disabilities and Autism Lived Experience Resources

1.15

People with learning disabilities and autistic people co-created a package of lived experience resources. The resources are for professionals throughout health and social care and are designed to support more accessible mental health and health supports and services for people with learning disabilities and autistic people. They are also designed to support professionals to improve their knowledge and understanding about what it is like to live with learning disabilities and/or autism.

1.15.1 Learning Disability Package

The learning disability package, which can be accessed here, consists of:

- Top Ten Tips Film
- E-poster
- Behind the scenes film showcasing the involvement of people with lived experience
- E-booklet around the top ten tips
- 3 things about me card

The 3 things about me card is a person-centred intervention tool created by people with lived experience to support communication and conversations and build relationships and trust between people with learning disabilities and autistic people and professionals. It is particularly helpful where sensitive and difficult conversations may take place.

1.15.2 Autism Package

The autistic drivers package, which can be accessed from the Different minds. One Scotland website, consists of an:

- 8 minute film and two E-posters designed for GP practice staff
- E-booklet including 5 films on being autism informed for mental health practitioners. The films include: masking, social interaction and communication, sensory differences, appointments and different identities and intersectionality.

Different Minds

ICD-11 Guidelines for Mental, Behavioural and Neurodevelopmental Disorders 1.16

The World Health Organisation (WHO) has developed specialist training for clinicians including 15 modules which cover specific areas of the International Classification of Diseases (ICD) -11 Mental, Behavioural and Neurodevelopmental Disorders. Each unit is designed to take approximately one to one and a half hours and focuses on a different disorder grouping.

The Royal College of Psychiatrists have produced a series of free webinars and the NHS a learning module which is specific to Scotland. You will need to login to your Turas account to view it. Turas is the NHS Scotland's platform. If you do not have a Turas account you can sign up for one. It is free.

ICD-11 is the international standard for the collection and reporting of health information by WHO's 194 Member States, which allows for comparison of health data worldwide. A summary of the changes from ICD-10 to ICD-11 can be found on the NHS Education for Scotland website. The Scottish Government and NHS Education for Scotland have developed an animation which provides information for patients, families and carers on what ICD-11 is in an easy to understand and accessibly way, you may find it helpful to view this animation or to signpost patients to this.

Unpaid Carers 1.17

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. When you work in a primary care role, it is highly likely you come into direct contact with unpaid carers. Unpaid carers have a unique role in the life of the person they care for. They have valuable knowledge to contribute to the care and support of the person they care for, and any decision will have an impact on them and on their caring role. If unpaid carers, the person they care for, and workers from health and social care work together as partners they increase the chances of achieving better outcomes for all involved.

Caring, particularly more intensive or stressful caring roles, can also impact on carers' physical and mental health. Unpaid carers are also normally prioritised for free flu and Covid vaccination so recording someone's carer status can be an important way to make sure they don't miss out.

The introduction of the Carers Act established rights for all carers to support, information and advice; and to be listened to in decisions about the care and support of the person they are caring for, including a responsibility on health boards in relation to carer involvement in discharge planning. The Triangle of Care helps mental health services support carers in exercising these rights by providing the information, advice and support that carers require to continue in their roles as expert partners in care.

NHS Education for Scotland, has created Equal Partners in Care (EPiC), an educational resource designed to support learning that enables health and social care staff to identify, support and work with unpaid carers as equal partners.

EPiC is intended for all staff who come into direct contact with carers in their day-to-day jobs. It is also intended for anyone with a workforce education and learning role, and/or managers who support the workforce to improve outcomes for carers and the people they care for.

Unpaid Carers

Future Care Planning Toolkit 1.18

Healthcare Improvement Scotland have developed a Future care planning toolkit (formally anticipatory care planning) which is a person-centred, proactive approach to help people consider what is important to them and plan for their future care.

Future care planning involves conversations between individuals, their families, carers, and professionals. It helps people communicate goals and preferences, and gives them opportunities to consider realistic options and plan for future changes in their health and care that can be recorded, shared and reviewed.

Future care planning is often discussed and delivered in Primary Care settings.

Care Planning

Caring for Smiles 1.19

Caring for Smiles is Scotland's national oral health promotion, training and support programme for older people, particularly those living in care homes.

Digital Services 2

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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 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.

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.

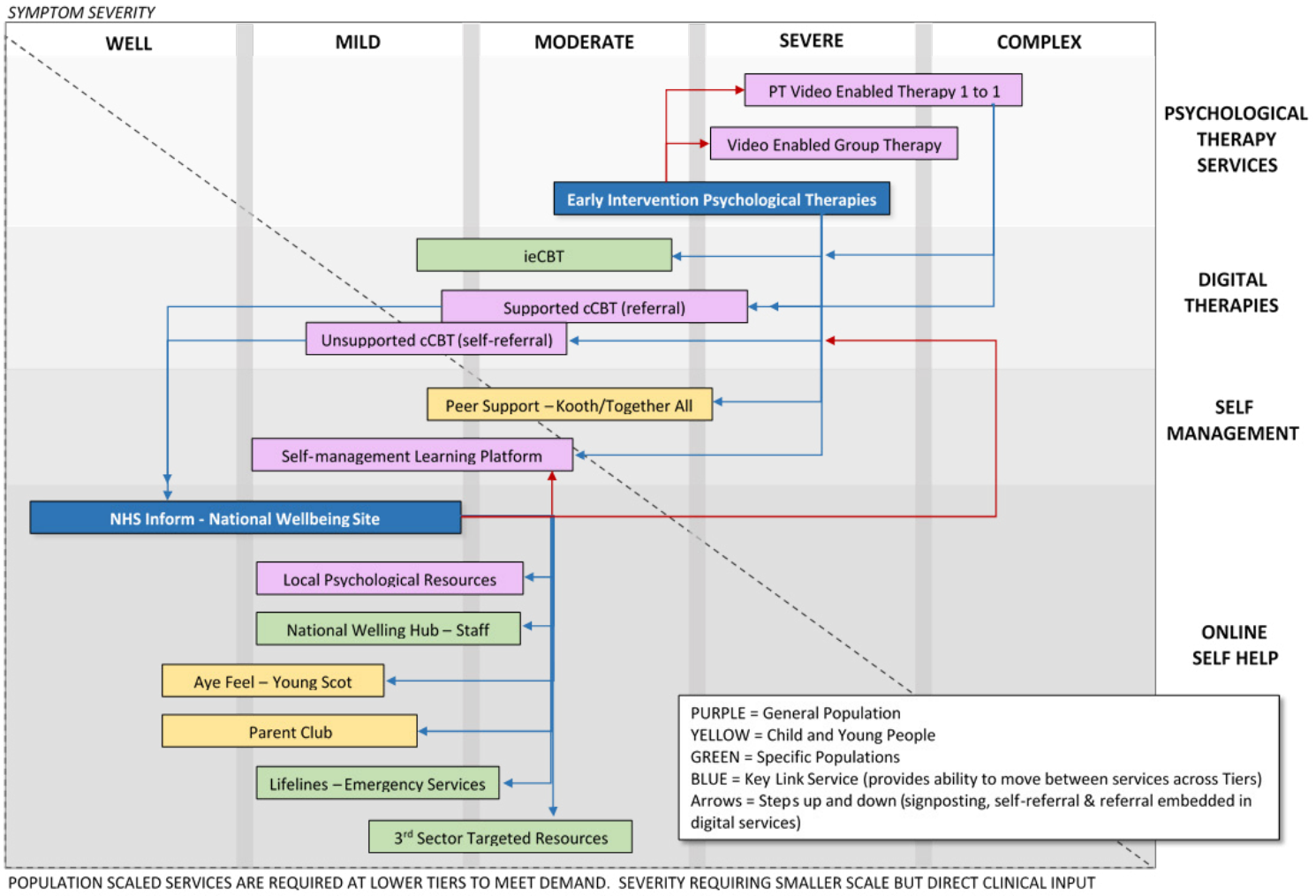
Potential benefits 2.3

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

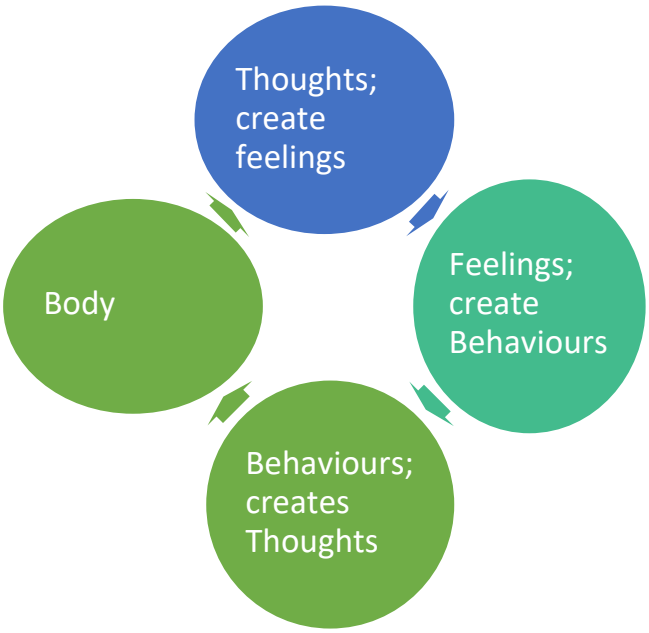
- supporting individuals to find and access the appropriate service when and where they need it;
- improving the quality of service and levels of accessibility, while expanding capacity of existing service provision;
- improving equality of service access and support services to meet increasing demand;
- 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.

Digital step care model 2.4

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


SYMPTOM SEVERITY
WELL
MILD
MODERATE
SEVERE
COMPLEX
PT Video Enabled Therapy 1 to 1
Video Enabled Group Therapy
Early Intervention Psychological Therapies
ieCBT
Supported cCBT (referral)
Unsupported cCBT (self-referral)
Peer Support – Kooth/Together All
Self-management Learning Platform
NHS Inform - National Wellbeing Site
Local Psychological Resources
National Welling Hub – Staff
Aye Feel – Young Scot
Parent Club
Lifelines – Emergency Services
3rd Sector Targeted Resources
PSYCHOLOGICAL THERAPY SERVICES
DIGITAL THERAPIES
SELF MANAGEMENT
ONLINE SELF HELP
PURPLE = General Population
YELLOW = Child and Young People
GREEN = Specific Populations
BLUE = Key Link Service (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

What is Cognitive Behavioural Therapy? 2.5



- 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.

What is Computerised Cognitive Behaviour Therapy? 2.6

Computerised Cognitive Behavioural Therapy (cCBT) is a highly effective, evidenced-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 35 cCBT based treatments available. Each territorial Board has a cCBT service, hosted in local psychology or mental health services. Please check locally for ability of treatments, see Appendix 2 for contact details.

A list of the current available digital therapies are shown in figure 1.

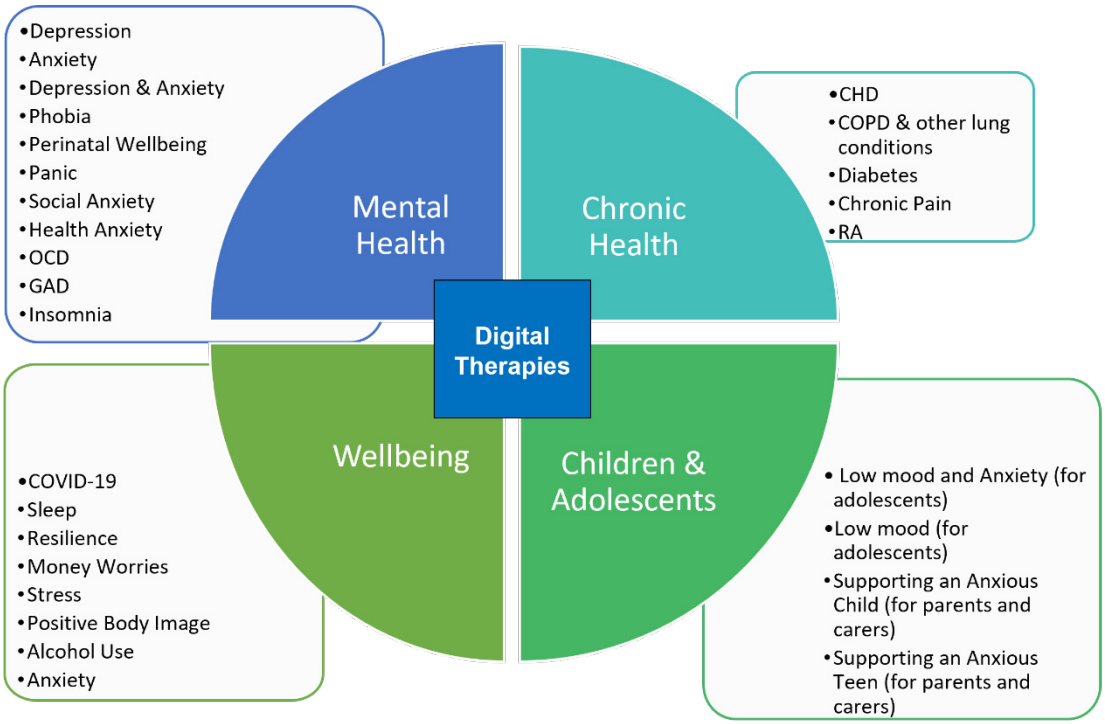


Figure 1

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	**Stepped Care model** Preventative to Mild (section 2.4) **Supported?** No **Monitoring of risk?** No **Referral route** Self-referral **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. **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.	Resilience	Space for Resilience	Silver Cloud (16+)
		Stress	Space from Stress	
		Sleep Problems	Space for Sleep	
		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	

Audience	Information	Condition	Treatment name	Supplier
Scottish Adult population	**Stepped Care model** Preventative to Mild (section 2.4) **Supported?** Not essential (no dedicated support, however the MHWPC team may wish to consider whether it would be helpful to provide support) **Monitoring of risk?** No **Referral route** Self-referral all members of the MHWPC team can signpost people. **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. **Who is it for?** Individuals who would benefit from a psycho-educational wellbeing resource. **How do you access it?** Access through Silver Cloud using code: Scotland2020	Resilience	Space for Resilience	Silver Cloud (16+)
		Money Worries	Space from Money Worries	
		Positive Body Image	Space for Positive Body Image	
		Stress	Space from Stress	
		Resilience (students)	Space for Resilience	
		Money Worries (students)	Space from Money Worries	
		Positive Body Image (students)	Space for Positive Body Image	
		Stress (students)	Space from Stress	
		COVID-19 Anxiety	Space from COVID-19	
		Sleep Problems	Space for Sleep	
		Supporting an anxious teen (12-18)	Supporting an anxious teen	
		Supporting an anxious child (4-11)	Supporting an Anxious Child	

Audience	Information	Condition	Treatment name	Supplier
All Staff and Scottish Adult population	**Stepped Care model** Mild to Moderate (section 2.4) **Supported?** No **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. **Referral route** Self-referral **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. **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	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	**Stepped Care model** Mild to Moderate (section 2.4) **Supported?** Big Health - No Silver Cloud - Yes **Monitoring of risk?** Yes **Referral route** Referral through local GP practitioner or Mental Health Clinician in the MHWPC Team. **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. 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. 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.	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	

Audience	Information	Condition	Treatment name	Supplier
	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. **How do you refer a service user to the treatment?** Referrals for SIlverCloud through your local Practitioner. Sleepio and Daylight may be accessed by providing the following links: - www.sleepio.com/nhs - http://www.trydaylight.com/nhs	Depression and Anxiety for service users with Rheumatoid Arthritis	Space in RA from Depression	
		Breast cancer (available in NHS Orkney only)	Space in Breast Cancer from Depression & Anxiety	
Scottish Adult population	**Stepped Care model** Mild to Moderate guided self help **Referral route** Referral by a Mental Health Clinician in the MHWPC team. **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. An online therapist then communicates in real time via a typed chat function.	Anxiety, depression, OCD, phobias	IeCBT (Internet enabled CBT) is a guided self help, delivered by clinical staff through written communication via webchat.	IESO (16+)

Audience	Information	Condition	Treatment name	Supplier
	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. **How do you refer a service user to the treatment?** Discuss with the Mental Health Clinician.			
Scottish Adult population	**Stepped Care model** Mild to Moderate CBT therapy **Referral route** Referral by a Mental Health Clinician in the MHWPC team. **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. An online therapist then communicates in real time via a typed chat function. **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. **How do you refer a service user to the treatment?** Discuss with the Mental Health Clinician.	Anxiety, depression, OCD, phobias, PTSD single incident, stress	IeCBT (Internet enabled CBT) is an evidence based CBT therapy, delivered by CBT therapist through written communication via webchat.	IESO (16+)

Audience	Information	Condition	Treatment name	Supplier
Children and Young People	**Stepped Care model** Mild to Moderate (section 2.4) **Supported?** **Yes** An online CBT intervention that individuals can work through flexibly at their own pace. **Monitoring of risk?** Yes **Referral route** Referral via CAMHS lead or in some health boards by a GP practitioner or Mental Health Clinician in the MHWPC team. **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. 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.	Anxiety for Children and young people 15+	Space from Anxiety – CYP	Silver Cloud (15+)

Audience	Information	Condition	Treatment name	Supplier
	Who is it for? The treatments 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. **How do you refer a service user to the treatment?** Referral from CAMHS or in some Boards through your local practitioner'.			

Sections 2.8 and 2.9 outline what is generally available. Psychology services in certain boards, may have clear and specific local pathways for accessing all cCBT resources, and staff in those boards should follow those pathways. See Appendix 2 for board-specific information.

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.

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 3.

Near Me e-learning modules

Waiting Well - NHS inform 2.12

People can benefit from taking a proactive approach to their waiting period and this site can give information and tools needed to look at their own health and wellbeing in this waiting time, to think about what matters to them and what health related areas they can focus on such as managing pain, poor sleep, anxiety, stopping smoking etc.

The Waiting Well Hub is available on NHS Inform, to support people who may be waiting to see a healthcare specialist or to get health and social care services. The Hub aims to provide access to better information to support people to proactively manage their health and wellbeing, to think about what matters to them and what health improvements they could make during this time.

The Waiting Well Hub has been delivered through the Preventative and Proactive Care (PPC) Programme, part of Scottish Government's Care and Wellbeing Portfolio (CWP).

Group Therapy using Near Me 2.13

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.

Digital Health and Care website 2.14

The new Digital Health and Care 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 2.

Children and Young People: Mental Health and Wellbeing Advice, Support and Signposting 3

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Community Mental Health and Wellbeing Supports and Services Framework 3.1

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. List of email contacts can be found in Appendix 4.

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.
- Facilitate the enhancement or creation of services that can deliver support which is additional and innovative wherever these are best placed.

School Counselling 3.2

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.

Aye Feel 3.3

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 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 3.4

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.

ASK – Scottish Youth Parliament 3.5

ASK aims to support all adults who interact with children and young people – whether in the workplace, in the community or as a parent/carer – to check in on their wellbeing. If you are concerned about someone's mental health, happiness or just want to check in, ASK can help you strike up a conversation and raise awareness of the information you need to provide the right support.

One Good Adult 3.6

The One Good Adult Job Description, which was developed as part of the work of the previous Children and Young People's Mental Health and Wellbeing Joint Delivery Board, was written by children and young people and sets out what children and young people need from the adults around them to support their mental health and wellbeing.

This has been a truly collaborative development based on the voices of children and young people and provides a framework to support their mental health and wellbeing.

The implementation guidance can be found here and this includes the overview of the two pilot studies which took place in North Ayrshire and Aberdeen City.

In addition, the One Good Adult reflective web developed by North Ayrshire Council can be found on the NHS Education for Scotland website.

CYP Mental Health & Wellbeing Professional Learning Resource

Adults: Mental Health and Wellbeing Advice, Support and Signposting

4

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Communities Mental Health and Wellbeing Fund 4.1

We have invested £66 million in our Communities Mental Health and Wellbeing Fund for adults since 2021, with more than 4,800 grants made to local projects across Scotland over the first three years.

The fund is 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 supports grass roots community groups in building resilience and aims to reduce the need for clinical interventions and improve happiness within communities by supporting community led initiatives and local support services.

The Fund has also been included as a commitment within the Best Start, Bright Futures child poverty delivery plan 2022-26, given the strong links between poor mental health and poverty.

The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. Year 4 will see a continued focus on those facing socio-economic disadvantage made worse by the cost of living crisis.

The 'at risk' groups are:

- women (including women experiencing gender- based sexual violence)
- people with a long term health condition or disability;
- people from a Minority Ethnic background;
- refugees and those with no recourse to public funds;
- people facing socio-economic disadvantage;
- people experiencing severe and multiple disadvantage;
- people with diagnosed mental illness;
- people affected by psychological trauma (including adverse childhood experiences);
- people who have experienced bereavement or loss;
- people disadvantaged by geographical location (particularly remote and rural areas);
- older people;
- people with neurological conditions or learning disabilities, and from neurodiverse communities;
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities.

NHS Inform 4.2

NHS inform provides 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

Mind to Mind 4.3

Mind to Mind is an online library of lived experience mental wellbeing advice, created by members of the public for members of the public. It offers short video and audio clips around common mental wellbeing concerns, offering advice to help people cope or improve their resilience.

Topics covered by Mind to Mind are: anxiety, panic, low mood, stress, coping with money worries, grief, trouble sleeping and social isolation and loneliness.

Mind to Mind signposts to helpful websites, apps and organisations if further support is needed, including Sleepio, Daylight and Silvercloud.

Information is available in multiple languages including Polish, Punjab and Urdu.

NHS 24 Mental Health Hub at 111 4.4

The NHS 24 Mental Health Hub (the Hub) is accessible through the 111 service and provides a compassionate 24/7 response to anyone requiring mental health support or those experiencing distress. It can be accessed for urgent support when a person's GP Practice or usual mental health service is closed.

A team of Psychological Wellbeing Practitioners, supported by Mental Health Nurses, will triage people using a psychosocial assessment to either help manage their needs or direct them to the most appropriate form of support such as their GP, community psychiatric nurse, the 999 service, or local emergency department.

Breathing Space 4.5

Breathing Space is an out of hours confidential telephone support and webchat service. Breathing Space is for adults aged 16 and over, and provides a listening ear, support and signposting to those experiencing low mood, depression or anxiety.

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

Information on how to contact Breathing Space using BSL, Language Line or Relay UK is available on the Breathing Space website, including information on contacting the service via a range of other languages.

Community Link Workers 5

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The Scottish Community Link Worker Network 5.1

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.
- 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.

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Introduction 6.1

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 in 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 5.

The Scottish Social Prescribing Network 6.2

The Scottish Social Prescribing Network provides support to a wide audience including those undertaking social prescribing roles across Scotland. The Network provides a route for collaboration with academic researchers who are working to improve the evidence base for social prescribing as well as those with a more general interest in the topic.

ALISS (A Local Information System for Scotland) 6.3

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.

If you would like to connect with the ALISS team, you can contact them at hello@aliss.org.

Third Sector Interfaces 6.4

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.

Volunteer Scotland 6.5

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

Employability 6.6

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 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.

The Supporting a Mentally Healthy Workplace platform signposts employers to a wide range of free mental health and wellbeing resources and information. The platform aims to support employers of all sizes in Scotland – from large scale companies to SMEs and the self-employed – but it will be a useful tool for employees too.

National Physical Activity Pathway 6.7

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.

Public Health Scotland Learning Zone

The Collective For Health and Wellbeing 6.8

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.

Health on the Shelf 6.9

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.

Citizens Advice Scotland 6.10

Citizens Advice Scotland provide free, independent, confidential, impartial advice, and it is available to everyone. They also provide information and guidance on a range of issues including benefits, work, housing and homelessness, immigration, and debt and money advice.

You can get advice online, by contacting their helpline on 0800 028 1456, or through your local citizens advice bureau here.

Befriending Networks 6.11

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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Surviving Suicidal Thoughts 7.1

NHS Inform's Surviving Suicidal Thoughts web-pages provide up to date information and links to resources and support for people experiencing suicidal thoughts, as well as those around them. This includes links to:

- ways to seek urgent help
- national helplines and sources of confidential support for adults, children and families
- sources of support for specific communities (e.g. Switchboard LGBT+)
- a range of practical resources
- video stories from people who have been there and come out the other side of suicidal thoughts and behaviours.

Samaritans 7.2

Samaritans provide free, confidential, non-judgemental support for anyone affected by distress or crisis. Samaritan's trained volunteers can be contacted day or night, 365 days a year. They can be called for free on 116 123 and the number won't show up on a phone bill. They can also emailed at jo@samaritans.org. Their website provides more information and a range of information on support groups and practical resources.

Cruse Bereavement Scotland 7.3

Cruse Bereavement Scotland provide support for bereaved adults, children and families across Scotland, including those bereaved by suicide. They run a free helpline Monday to Friday, 9am–8pm and weekends 10am–2pm on 0808 802 6161. Their Grief Chat service is also available for anyone over the age of 18, Monday to Friday 9am to 9pm. The Cruse Scotland website provides information, self-care advice and practical resources for adults, children and families, young people, employers and schools.

Papyrus UK 7.4

Papyrus provide support for young people (under the age of 35) experiencing thoughts of suicide, and anyone concerned about a young person who might be feeling suicidal. A Papyrus advisor can be contacted by phone 24/7 on 0800 068 4141, by text on 88247 and by email at pat@papyrus-uk.org. Practical help and advice resources, including BSL support, are available through the Papyrus website.

Self-Harm Network Scotland 7.5

Self-Harm Network Scotland (SHNS) provides reliable and accessible information, advice and resources via their website for anyone who is affected by self-harm. They also provide support through their webchat, which is open 7 days a week from 6pm to 10pm. The webchat is a confidential service, staffed by peer practitioners and trained volunteers who can offer immediate support, to anyone aged 12 and over across Scotland.

The website also allows people aged 12 and over to self-refer for free one-to-one online support sessions with a peer practitioner. SHNS have also developed specific Loved Ones Group Sessions for those who care for someone who self-harms to get advice, information and a safe space to get support for their experiences.

Most recently SHNS have been working in collaboration with the British Deaf Association (BDA) which has resulted in the development of a BSL Hub for the Deaf Community, with video translations of the main website content.

Self-harm learning resources

Distress Brief Intervention (DBI) programme 7.6

Distress Brief Intervention (DBI) is a non-clinical intervention, which can provide support to people who present to some frontline services in distress:

- aged 16 years and over
- in distress/emotional pain
- who do not need urgent medical or clinical treatment and are assessed as appropriate for referral to DBI.

DBI consists of two interrelated parts. *Level 1* allows trained front-line staff, from A&E, NHS 24, Police Scotland, Scottish Ambulance Service, Primary care and some unscheduled care services to offer a referral to DBI level 2 – where the Level 1 staff are trained in DBI and the person is assessed as appropriate for DBI support. *Level 2* is provided by trained third sector staff who will contact the person, within 24 hrs of referral, and provide problem solving, wellness and distress management planning for a period of up to around 14 days; and signposting to local supports, where required.

The NHS 24 Mental Health Hub have a direct national referral pathway to DBI; this pathway complements the regional expansion of DBI at a local level. NHS 24 Mental Health Hub staff may offer this pathway for those who contact them in distress (again where assessed as appropriate for DBI). (NHS 24 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.

In addition call handling centres operated by Police Scotland and the Scottish Ambulance Service (SAS) can refer people for DBI support, again where the caller is assessed as appropriate for referral. This has the additional benefit of freeing up Police and SAS staff on the ground for other tasks.

If primary care staff wish to link with the DBI leads in their local area, they should in the first instance enquire with the DBI Central team dbicentral@lanarkshire.scot.nhs.uk, who will be able to signpost to the relevant local DBI lead.

Suicide Prevention and Self Harm Learning Resources and Appendix 1

Scottish Recovery Network 8

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Introduction 8.1

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 a 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.

SRN Peer Support 8.2

- Let's do Peer 2 Peer – this short animation (1 minute 21 seconds) explores what Peer2Peer is and how to get involved.
- Jasmail is a Recovery Practitioner (Peer) and WRAP Facilitator in Aberdeen with mental health charity Penumbra. In this short animation (2 minutes) she tells us about her experience of bereavement and the positive impact peer support has on her life both personally and professionally.
- More peer support stories can be found on the Scottish Recovery Network website.

Substance and Alcohol Use Support 9

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Alcohol and Drug Partnerships 9.1

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.

Substance and Alcohol Use Support Resources

Know the Score 9.2

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.

Helpline: 0800 857 5879
Website: www.knowthescore.info

Nationally Commissioned Organisations (NCOs) 9.3

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.

9.3.1 Alcohol Focus Scotland

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.

Drinkline helpline: 0800 7 314 314
Opening hours:
Weekdays 9am–9pm
Weekends 11am–4pm

9.3.2 Scottish Families Affected by Alcohol and Drugs

Scottish Families Affected by Alcohol and Drugs support families across Scotland who are affected by someone else's drug or alcohol use, and raise awareness of the issues affecting them. One way in which this support for families is provided is through a family's helpline which can be contacted by individuals if they are concerned about some else's drug or alcohol use.

Scottish Families Affected by Alcohol and Drugs can also provide naloxone to anyone living in Scotland who is over the age of 16 (for injection kit) and 14 (for nasal kit). Further details on how to request a kit and the training available on how to use it are available here.

Helpline: 08080 10 10 11
Opening hours:
Weekdays 9am–11pm
Out of hours call back service and chat function on website
Email: helpline@sfad.org.uk

9.3.3 The Scottish Drugs Forum

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

9.3.4 Crew

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

Text service: 07860047501
Opening times:
Monday–Saturday 1pm–5pm
Thursday 3pm–7pm

9.3.5 The Scottish Recovery Consortium

The Scottish Recovery Consortium is a recovery-oriented charity that supports, represents and connects people in recovery across Scotland.

9.3.6 With You

We are 'With You' is a charity which provides free confidential support to people who are experiencing issues with drugs, alcohol, or mental health. They have a range of services across Scotland, details of which can be found here. An online chat service is also available on their website.

Chat service opening times:
Monday–Friday 9am–9pm
Saturday–Sunday 10am–4pm

Alcoholics Anonymous 9.4

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

Helpline: 08009177650
Email: help@aamail.org
Find a meeting click here

Narcotics Anonymous 9.5

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.

Gamblers Anonymous Scotland 10

10.1 Gamblers Anonymous Scotland 62

Gamblers Anonymous Scotland 10.1

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.

24 Hour Helpline: 0370 050 8881

Money and Debt Advice 11

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11.2 Mental Health and Money Worries: advice for frontline staff 64

11.3 Debt and Mental Health Evidence Form 64

Money Advice 11.1

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

Mental Health and Money Worries: advice for frontline staff 11.2

Supporting those with mental health and money worries: advice for frontline staff is a helpful advice pack that signposts to information, assistance and training resources for frontline staff who support individuals affected by poor mental health and money worries.

Debt and Mental Health Evidence Form 11.3

The debt and mental health evidence form helps creditors understand any mental health issues people are experiencing. The form can only be completed by health and social care professionals and can often make a real difference to the individual's health and financial situation. It will give the organisation they owe money to information that may change the way they are collecting a debt, and this can have a positive effect on the individual's wellbeing and financial circumstances.

Mental Health and Money Toolkit

Menstrual Health and Menopause

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Menstrual Health 12.1

Changes in a woman's hormone levels before their period can mean that some women experience mood changes or tiredness before and during their period. This is known as premenstrual syndrome (PMS) and for some women these symptoms can affect their daily life. More information on PMS symptoms can be found on the NHS inform webpage.

Additionally, living with the symptoms of conditions like endometriosis, adenomyosis or Polycystic Ovary Syndrome (PCOS) can have an impact on peoples mental wellbeing. You can find out more about periods, period symptoms and menstrual health conditions on the NHS inform webpage.

This NHS inform self-help tool outlines some of the things women can do to improve their mental wellbeing around the time of their period

The Health and Social Care Alliance also host a suite of resources to support improved understanding and positive conversations on a range of women's health topics, including menstrual health and menopause Resources - Policy and research (alliance-scotland.org.uk).

Menopause 12.2

During menopause, the changes in women's hormone levels can impact both physical and mental health. Women may experience feelings of anxiety, stress or depression. Most women will experience symptoms of menopause and many women will experience early symptoms while still having periods.

More information on menopausal symptoms can be found on the NHS inform signs and symptoms of menopause webpage and more information about menopause and mental wellbeing can be found on the NHS inform Menopause and your mental wellbeing webpage.

This NHS inform self-help tool outlines some of the things women can do to improve their mental wellbeing during menopause (peri-menopause) and after (post menopause).

Menopause and Menstrual Health in the workplace 12.3

Supporting women and those who menstruate to positively manage their menopause and menstrual health at work is crucial. The National Wellbeing hub hosts a range of resources for women, and their line managers to support good menstrual health and menopause awareness in the workplace which can be found on the National Wellbeing Hub.

Perinatal and Parent Support 13

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Ready Steady Baby 13.1

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

The Women and Families Maternal Mental Health Pledge 13.2

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.

The Scottish Perinatal Mental Health Care Pathways 13.3

The Scottish Perinatal Mental Health Care 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.

The Voice of the Infant Best Practice Guidelines and Infant Pledge 13.4

The Best Practice Guidance explains how to take account of infants' views and rights in all encounters they may have with professionals in statutory or third sector services.

The Infant Pledge sets out what infants should expect from those around them. It encourages mindful commitment to facilitate infants to express their feelings, and to consider their views, uphold their rights and take action accordingly.

More information about the Voice of the Infant Best Practice Guidelines and Infant Pledge, can be found here.

Perinatal and Infant Mental Health Third Sector Service Directory 13.5

The Perinatal and Infant Mental Health (PIMH) fund is designed to deliver key services and address gaps in provision through supporting charities providing parenting support and other types of one-to-one and group based support for parents and families who are experiencing mild to moderate mental health concerns during pregnancy and for the first three years of infancy.

The PIMH Third Sector Service Directory is a repository of PIMH services across Scotland which can be filtered by area or service required.

Parent Club 13.6

Parent Club 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 Wellbeing for Wee Ones Hub on the Parent Club website supports parents to gain an understanding of their infant's emotional and mental wellbeing from an early stage.

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.

Solihull Online 13.7

Solihull Online is a resource which provides additional support for parents 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'.

Children and Young People - 0-5 years resource to support mental health and wellbeing

Family and Relationship Support 14

14.1 Relationships Scotland 71

Relationships Scotland 14.1

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

Violence Against Women and Girls

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Violence Against Women and Girls 15.1

The phrase violence against women and girls is used to describe violent and abusive behaviour directed at women and girls because they are women and girls. It can include:

- physical, sexual, psychological, emotional, and financial abuse occurring in the family, within the general community, and in institutions in both physical and digital spaces and places
- domestic abuse/coercive controlling behaviours, stalking, rape, incest, sexual harassment, bullying, and intimidation
- commercial sexual exploitation (CSE), including prostitution, lap dancing, stripping, pornography
- human trafficking, including for the purposes of domestic servitude, sexual exploitation and child criminal exploitation, which may include gangs and organised criminal networks
- child abuse occurring within family settings, including domestic abuse, and sexual abuse by male family members including siblings
- child sexual abuse and exploitation including the production and sharing of indecent images of children
- honour-based abuse, including forced marriages, female genital mutilation (FGM), dowry abuse and 'honour based' coercive control and killings.

It is important for all staff to respond compassionately and appropriately to any disclosure made and where to refer survivors for specialist support. A trauma informed response includes:

- Listen without blaming.
- Remember that it takes trust to share experience of abuse, Don't push the person for details of the abuse.
- Acknowledge the wrong done and let them know no-one deserves to be abused.
- If they have suffered physical harm, accompany them to get medical assistance.
- Help them report any assaults to the police, if they so choose.
- Allow them to make their own decisions about what to do next.

- Be ready to share the support contacts below:
  - Scotland's Domestic Abuse and Forced Marriage Helpline on **0800 027 1234**. www.sdafmh.org.uk.
  - For those affected by sexual violence there is the Rape Crisis Scotland Helpline **08088 01 03 02.** www.rapecrisisscotland.org.uk.

For further information:

- Safer Scotland provides guidance and signposting to support on Domestic.
- Abuse, Spiking, Intimate Image Abuse, and Commercial Sexual Exploitation.
- Public Health Scotland provides an overview of Gender based violence and details of local GBV contacts.

Domestic Abuse Awareness Raising Tool and Trauma Informed Practice Training and Support

That's Not OK | Young Scot 15.2

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.

Sexual Orientation and Gender Identity Support 16

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16.2 Conversion Practices Support 77

LGBTQI+ Support Organisations 16.1

A number of organisations such as Equality Network, Scottish Trans, Stonewall Scotland, LGBT Health and Wellbeing, LGBT Youth Scotland, and LEAP Sports Scotland have online digital publications and resources to support the LGBTQI+ community, inform community allies, and provide guidance and support on personal issues relating to sexual orientation or gender identity.

For individual advice or support about personal issues relating to sexual orientation or gender identity, we recommend contacting these organisations.

16.1.1 LGBT+ Helpline Scotland

LGBT+ Helpline Scotland provides emotional support and information to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT) community across Scotland. This includes queer, intersex, asexual people and all identities under the LGBTQI+ umbrella. They also support the families, partners, friends and supporters of LGBTQI+ people, as well as health and social care professionals who want to be more inclusive. To find out more:

Phone: 0800 464 7000
Opening hours: Tuesdays, Wednesdays, Thursdays (12–9pm) and Sundays (1–6pm)
Email: helpline@lgbthealth.org.uk
Livechat is also available on this website

16.1.2 LGBT Youth Scotland

LGBT Youth Scotland can provide support or guidance to young people who have personal issues relating to their sexual orientation or gender identity. To find out more:

Live Chat is available on this website
One to one support from a youth worker can be requested here
Email: info@lgbtyouth.org.uk

Conversion Practices Support 16.2

'Conversion practices' or so called conversion therapy refers to a wide range of approaches that aim to change or suppress someone's sexual orientation or gender identity. Conversion practices do not work. They are harmful, abusive, and can be seriously damaging to the LGBT+ person subjected to them. It can be carried out by family members, religious leaders or organisations, community members, therapists, counsellors, health workers, or other practitioners.

If someone is worried about conversion practices and to find out more:

Phone: 0800 464 7000
Opening hours: Tuesdays, Wednesdays, Thursdays (12-9pm) and Sundays (1-6pm)
Email: helpline@lgbthealth.org.uk
Livechat is also available on this website

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17.8 Psychological Treatment for Eating Disorders 80

NHS Inform 17.1

NHS inform provides reliable and trustworthy health information about Eating Disorders support and treatment in Scotland.

Beat 17.2

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 where individuals can speak to a trained support worker.

Helpline: 0808 801 0432
Opening hours: 24/7

CARED Scotland 17.3

CARED is a website funded by the Scottish Government which provides information and resources for parents and carers of young people (aged up to 25) in Scotland who have recently received a diagnosis of an eating disorder and are about to or have just started treatment. Developed by NHS clinicians, carers and young people.

Families Empowered & Supporting Treatment for Eating Disorders (F.E.A.S.T) 17.4

FEAST is a global organisation which provides information & support to parents and carers of people with eating disorders.

SupportED 17.5

SupportED work in communities across Scotland to support people with an eating disorder, their families and carers. They provide information and resources and offer support groups and befriending. Their website can be found here.

Eating Disorders – SIGN 17.6

The SIGN guidelines was published in 2022 and provides recommendations based on current evidence for best practice in the management of people with eating disorders of all ages, and gender groups in health or social care settings.

Eating disorders covered are:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- Eating-disordered psychopathology occurring in the context of type 1 diabetes mellitus.

Medical emergencies in eating disorders (MEED) 17.7

The MEED Guidance on recognition and management (CR233) has been developed by the Royal College of Psychiatrists for frontline staff so that people with eating disorders needing urgent care can be identified and treated earlier. To aid decisions on emergency management, the document provides an eating disorders risk assessment tool using a “traffic light” system.

Psychological Treatment for Eating Disorders 17.8

The Psychological Treatment for Eating Disorders matrix has been designed to support the evidence-based practice of psychological therapies and interventions across the age range.

Survivors of Childhood Abuse 18

18.1 Survivors of Childhood Abuse Support (SOCAS) Fund 82

18.2 Future Pathways 82

Survivors of Childhood Abuse Support (SOCAS) Fund 18.1

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)

Future Pathways 18.2

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

Veterans 19

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19.2 Combat Stress 84

Veterans First Point 19.1

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.

Combat Stress 19.2

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

Farmers and Crofters 20

20.1 Farmstrong Scotland 86

Farmstrong Scotland 20.1

Farmstrong Scotland is an initiative to help farmers, crofters and their families to cope with the ups and downs of farming and crofting by sharing things they can do to look after themselves and the people in their business.

It is a peer-to-peer led programme, driven by scientific information and real-life stories, so together farmers, crofters and their families can share, learn and support their wellbeing.

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The Royal National Institute of Blind People (RNIB) 21.1

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

Macular Society 21.2

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

Eye Scot 21.3

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

Royal National Institute for Deaf People 21.4

The Royal National Institute for Deaf People (RNID) works on behalf of people in Scotland and the UK with hearing loss.

Sensory e-learning modules and SSSC Open Badges

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Autism Support 22.1

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK. There are a number of national organisations that offer support to autistic people and their families.

National Autistic Society 22.2

The National Autistic Society has an advice and guidance section which includes information on benefits and health. Please be aware the National Autistic Society does not offer a crisis or emergency service.

Different Minds Website 22.3

The different minds website was launched in 2020 to provide clearer information on autism and aims to deliver a better understanding of autism and dispel myths surrounding it, leading to greater acceptance and increased awareness of autism.

The site has been co-produced with autistic people and features autistic people in its lived experience and frequently asked questions sections. Advice on where to get support is also available on the site. There is also a directory of useful support services, including Autistic People-led Organisations operating across Scotland.

Autism Lived Experience Resources

Scottish Autism 22.3

Scottish Autism is 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.

Autism Services Directory 22.4

The Autism services directory details services and supports for autistic people in their local area.

SWAN 22.5

SWAN supports women, girls and non-binary people who identify as autistic and has information on attending health care appointments, daily living and wellbeing. SWAN Places and Spaces organise in-person social meet-up groups in locations across Scotland. They are safe and confidential spaces, facilitated by autistic volunteers.

Autism Learning and Research

Learning Disabilities Support 23

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23.2 NHS Education for Scotland Learning Disability website 93

People with a learning disability, their families and carers 23.1

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 23.2

The NHS Education for Scotland Learning Disability website will be continuously updated with further training, support and signposting for both professionals and individuals. This includes resources, training and guidance to assist with the annual health check process for people with learning disabilities.

Dementia Support Organisations 24

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Dementia Support Organisations 24.1

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.

Rethink Dementia 24.2

Rethink Dementia is a new national Scottish Government and COSLA campaign. Developed in collaboration with the members of the National Dementia Lived Experience Panel, the campaign encourages people to 'Rethink Dementia' as evidence shows social contact can help alleviate some symptoms commonly associated with dementia and help them stay well for longer. By maintaining contact with friends or loved ones living with a dementia diagnosis and doing the things we've always done with them, we can all make a difference. You can find out more at nhsinform.scot/RethinkDementia.

NHS Education for Scotland 24.3

NHS Education for Scotland provide educational resources and training for staff working at the Informed, Skilled, Enhanced and Expertise Practice Levels as outlined in Promoting Excellence: A framework for all health and social services staff working with people with dementia.

This framework was developed by NES and the Scottish Social Services Council to outline the knowledge and skills required of all staff who come into contact with people living with dementia, their families and carers, within their role.

Scottish Social Services Council 24.4

Scottish Social Services Council (SSSC) are the regulator for the social work, social care and children and young people workforce in Scotland. They also help support dementia learning in the workforce by developing and delivering different learning resources and activities.

Making use of the Promoting Excellence framework, SSSC help staff in social services understand the framework and how they use it to support dementia learning and practice by embedding it into their organisation's learning culture.

SSSC work closely with NHS Education for Scotland and organise events, masterclasses, dementia specialist improvement leads, Dementia Champion programmes and provide training resources through their learning zone.

SSSC Open Badges

Alzheimer Scotland 24.5

Alzheimer Scotland is Scotland's national dementia charity, providing support and information to people with dementia, their carers and families.

Alzheimer Scotland have Dementia Resource Centres in 25 different locations across Scotland. These centres provide a safe and friendly environment for people with dementia and their carers to visit and take part in a wide variety of activity groups.

The charity also provide a 24 hour Freephone Dementia Helpline which provides information and emotional support to people with dementia, carers, families, friends and professionals. Additionally, there is a network of Dementia Advisors employed by Alzheimer Scotland who work in local communities to support people with a diagnosis by giving advice and information.

About Dementia 24.6

Age Scotland About Dementia offer a range of services for people who want to increase their awareness of dementia and how to support people living with it, understanding and realising rights as a carer, and getting involved in shaping policy and campaigns.

About Dementia launched in 2019, following funding from the Life Changes Trust. Since then, they have been working alongside people living with dementia, unpaid carers and partner organisations to make a meaningful impact in influencing policy and practice.

Since 2022, About Dementia has worked in partnership with the Scottish Government, receiving funding to deliver multiple grant programmes aimed at supporting grassroots activity and peer-to-peer grant funding. This includes delivering funding to support Dementia Friendly Communities and Meeting Centres across Scotland. The Meeting Centres strand of funding was set up to facilitate the development of a national network of Meeting Centres across Scotland.

Healthcare Improvement Scotland 24.7

Healthcare Improvement Scotland have been working with health and social care dementia services to deliver dementia improvement programmes since 2016. Their work sets out to support the New Dementia Strategy for Scotland: Everyone's story.

Healthcare Improvement Scotland have a number of Dementia Improvement Programmes which set out to improve access to and quality of post-diagnostic support, care co-ordination in the community and hospital care for people living with dementia.

Other Dementia Support organisations 24.8

There are also several support organisations which can provide practical and emotional support to those who care for someone living with dementia, including Carers Scotland, Carer Positive the standard for employers in creating supportive working environment for carers, Shared Care Scotland and Carers Trust Scotland.

Self-Directed Support 25

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Self-directed Support Scotland 25.1

Self-directed Support Scotland (SDSS) represents organisations run by and for disabled people. Their members support thousands of people across Scotland with their social care choices. Together they work to ensure the Self-Directed Support is implemented successfully so that people have full choice and control over their lives.

The SDSS website enables people to find local information and support with Self-Directed Support. This can be accessed at Find Local Information and Support. More information on Self-Directed Support can be found here.

SSSC Open Badges

Support in the Right Direction (SiRD) 25.2

The SiRD programme provides local independent support, advice and advocacy in line with Scottish Government's vision for Self-directed Support. The programme is funded by the Scottish Government and is delivered through partnership agreements with third sector organisations in local authority areas across Scotland.

Currently, 33 organisations across 32 local authority areas in Scotland are funded by Scottish Government through the SiRD programme, these organisations provide advocacy, brokerage, information and social care planning services. To find your local SiRD organisation you can follow this link: Support in the Right Direction

Care Planning 26

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26.2 Personalised Care and Support Planning 101
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26.4 My Power of Attorney – Scotland 102

Care Planning 26.1

Involving people in decisions about their care is intrinsic for all care plans. The Social Care Institute for excellence research on mental health and wellbeing demonstrates people who use services, their families and carers are experts by experience, bringing their knowledge and ideas on how their particular needs for care and support can be met. The Mental Welfare Commission for Scotland have developed Carers, consent and confidentiality, good practice guides at how families can be involved in their relative's care and treatment.

Health Care Improvement Scotland ihub page explains why person-centred care is important, putting the person receiving care at the centre of decision making creates a personalised, holistic approach to their care and in partnership through shared decision making, lets them be listened to.

Having person-centred conversations between individuals, their families and/or carers, and professionals helps people communicate their goals and preferences, and gives them opportunities to consider realistic options, and plan for future changes in their health and care. These conversations and any decisions made can be recorded, shared and reviewed. Their involvement leads to improved service outcomes and enhances mental wellbeing.

Health and social care professionals should offer individuals opportunities to take part in care planning conversations, which means talking about what matters most to them when making plans with them.

Personalised Care and Support Planning 26.2

Personalised care and support planning is a systematic process based around 'better conversations' between the person and their health and social care practitioners. The overall aim is to identify what is more important to each person for them to achieve a good life and ensure that the support they receive is designed and coordinated around their desired outcomes.

The Scottish Social Services Council have developed a range of free resources to improve workers' understanding of a person outcomes approach and share examples of practice on the Personal Outcomes Network website. The resources have been co-designed with a range of partners, including carers, this eBook focuses on personal outcomes and enabling conversations.

Open Badges

Future Care Planning 26.3

Future care planning was until recently referred to as anticipatory care planning (ACP). Healthcare Improvement Scotland have developed a Future Care Planning Toolkit which is a person-centred, proactive approach to help people consider what is important to them and plan for their future care. Undertaking future care planning is particularly beneficial for those:

- living with one or multiple long term health conditions
- living with disabilities and/or complex health and care needs
- whose health and wellbeing is changing or deteriorating due to physical and/or mental health issues
- approaching the end of their life, and
- children and young people with life-limiting conditions.

Future care plans help improve shared decision making but is not a legal document. You can find out more about future care planning in different contexts here.

Future Care Planning Toolkit

My Power of Attorney – Scotland 26.4

A Power of Attorney is a legal process giving someone you trust the power to make decisions that will protect you, your family and those you care about should you ever lose capacity to make decisions for yourself. It has never been more important to plan your future care – no matter what age you are, a Power of Attorney safe-guards your financial and health wishes. Visit My Power of Attorney Scotland, the Scottish Government's code of practice for continuing and welfare attorneys and the Office of the Public Guardian's guidance for Power of Attorneys, for more information.

Service User Feedback Tool 27

27.1 Care Opinion Scotland 104

Care Opinion Scotland 27.1

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.

Unpaid carers 28

28.1 Support for unpaid carers 106

Support for unpaid carers 28.1

Supporting carers in their own right improves outcomes for them and the person for whom they are caring. Sustaining caring relationships in this way has major benefits for our health and social care system.

The Carers Act is fundamental to carers' rights. The Act gives all unpaid carers rights to an adult carer support plan or young carer statement to identify each carer's personal outcomes and needs for support. This reflects a general preventative approach, which also underpins the duty on local authorities to provide information and advice services to unpaid carers.

The Scottish Government's Carers' Charter tells carers more about their rights under the Act and there are a range of organisations on hand to give them any information or support they may need.

Local authorities or carers centres carer centres usually have peer support groups where they can connect with other carers, or take part in social activities or training to further develop their skills. Local carer centres can be found at Care Information Scotland.

Our National Wellbeing Hub provides advice for unpaid carers, with information and resources to support carers to look after their mental health and wellbeing.

Equal Partners In Care and Open Badges

Guidance 29

29.1 Mental Health Legislation 108
29.2 Adults with incapacity: guide to assessing capacity 108

Mental Health Legislation 29.1

Most people who use mental health services receive treatment without being subject to an order or certificate under the Mental Health (Scotland) (Care and Treatment) Act 2003. For some individuals however, compulsory treatment is used to provide the person with medical treatment to alleviate suffering and for the protection of both the person and others. Compulsory treatment is only allowed under mental health legislation in Scotland in very strict circumstances.

The statutory Code of Practice sets out guidance to organisations and professionals who detain and treat people who are subject to the 2003 Act to ensure they uphold people's human rights and provide care and treatment in accordance with the law. Volume Two includes guidance on Emergency Detention Certificates which can be granted by General Practitioners in certain circumstances: mental health (care and treatment) (scotland) act 2003 code of practice volume 2 ?civil compulsory powers (parts 5, 6, 7 and 20) - gov.scot (www.gov.scot)

In addition, the Mental Welfare Commission has produced a range of guidance around good practice with regards to compulsory care and treatment. Guidance & advice | Mental Welfare Commission for Scotland (mwcscot.org.uk)

Adults with incapacity: guide to assessing capacity 29.2

The Adults with incapacity: guide to assessing capacity 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.

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Appendix 1: NHS Education for Scotland and Public Health Scotland

Supporting the Learning Needs of the Scottish Workforce: Mental Health, Self-Harm and Suicide Prevention. To access some of the resources you will have to log into your TURAS account.

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
- Sharing examples of service experiences that can be included as case examples

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

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.
Access: https://learning.publichealthscotland.scot/course/view.php?id=620

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://learning.publichealthscotland.scot/course/view.php?id=620)

Ask, Tell, Save a Life: Every Life Matters suicide prevention and keeping people safe.
Access: https://learning.publichealthscotland.scot/course/view.php?id=620

E-Learning 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 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. (3 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.

E-Learning 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 e-learning module can be completed as short as one hour.

Access: https://learn.nes.nhs.scot/55471

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

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 dependent 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

Suicide Prevention Resources

Appendix 2: NHS Board Information

Health Board	Digital mental health email contact	Mental health webpage
NHS Ayrshire and Arran		Mental Health & Wellbeing - NHS Ayrshire & Arran (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		NHS - Grampian (know-who-to-turn-to.com)
NHS Greater Glasgow and Clyde	ccbt@ggc.scot.nhs.uk	Heads Up - Mental Health Support - NHSGGC
NHS Highland	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)
NHS Lanarkshire	Simon.Stuart@lanarkshire.scot.nhs.uk and ccbt@lanarkshire.scot.nhs.uk	Lanarkshire Mind Matters
NHS Lothian	ccbt@nhslothian.scot.nhs.uk	Home - Wellbeing Lothian
NHS Orkney		Mental Health | NHS Orkney (scot.nhs.uk)
NHS Shetland		Mental Health – NHS Shetland
NHS Tayside		NHS Tayside (scot.nhs.uk)

Health Board	Digital mental health email contact	Mental health webpage
NHS Western Isles		Mental Health and Learning Disability Services - NHS Western Isles | Serving the Outer Hebrides of Scotland.

Digital Services & Community Mental Health and Wellbeing Supports and Services Framework

Appendix 3: Digital evidence and further reading

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, Substance use, Anxiety, Bipolar, Depression, Eating Disorders, Panic, Phobias, Stress, Brain injury.

Cognitive Behavioural Therapies

- Big Health
- Silver Cloud
- IESO

Video consultations; Near Me

- ESSS Outline - video consulting in social care
- ESSS Outline - digital inclusion
- 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 the following here:

- 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.

Digital Services

Appendix 4: Local contacts – Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

The Scottish Government provides local authorities with £15 million per annum to fund community-based mental health and wellbeing supports and services for children and young people aged 5-24 (26 if care-experienced) and their families. The services are focused on prevention and early intervention, and include supports for positive mental health and wellbeing as well as emotional distress. Local authorities determine which supports and services to implement on the basis of local need and in line with the supporting Framework. Supports and services are available in every local authority area, and more information about these can be found using the details listed below.

Local Authority	Website / point of contact
Aberdeen City	'Fit Like? Family Wellbeing Hubs | Aberdeen City Council
Aberdeenshire	1 – Mental Health Resources and Support Services (girfec-aberdeenshire.org)
Angus	https://www.angushscp.scot/mhwellbeing/for-children-young-people-and-parents/
Argyll and Bute	educational.psychology@argyll-bute.gov.uk Argyll and Bute Educational Psychology Service - Pupils, Parent and Carers (google.com)
Clackmannanshire	https://sites.google.com/view/directory-of-mental-health-sup/MHWBinClackmannanshire
Dumfries & Galloway	https://www.dumgal.gov.uk/
Dundee	
East Ayrshire	https://www.east-ayrshire.gov.uk/SocialCareAndHealth/Wellbeing/Mental-health-wellbeing/Mental-wellbeing.aspx hscpadmin@east-ayrshire.gov.uk
East Dunbartonshire	East Dunbartonshire Asset Map (eastdunassets.org.uk)
East Lothian	Mental Health and Wellbeing (google.com) cypspa@eastlothian.gov.uk
East Renfrewshire	Healthier Minds website HealthierMindsHub@eastrenfrewshire.gov.uk

Local Authority	Website / point of contact
Edinburgh	Support for families – The City of Edinburgh Council Edinburgh – Child and Adolescent Mental Health Services (nhslothian.scot) Locality Operational Groups (LOGs) - EVOC psychologicalservices@ea.edin.sch.uk
Falkirk	Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)
Fife	Our Minds Matter - Mental Health and Wellbeing Info for Young People in Fife Facebook: Click Here Instagram: Click Here Twitter: Click Here
Glasgow	
Highland	Highland.Cares@highland.gov.uk
Inverclyde	Inverclyde Life
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)
Moray	Mental Health & Wellbeing Children & Young People - Moray Council
North Ayrshire	North Ayrshire Community Wellbeing Supports and Services (glowscotland.org.uk) educationresources@north-ayrshire.gov.uk
North Lanarkshire	GeneralAdmin@northlan.gov.uk North Lanarkshire | NHS Lanarkshire (scot.nhs.uk)
Orkney	www.growingupinorkney.co.uk

Local Authority	Website / point of contact
Perth & Kinross	https://www.yourcommunitypk.org/ MHSupport@pkc.gov.uk
Renfrewshire	REN10 – Renfrewshire Mental Health and Wellbeing Platform
Scottish Borders	Mental health and wellbeing for children and young people | Scottish Borders Council (scotborders.gov.uk)
Shetland	
South Ayrshire	South Ayrshire Community Mental Health Support (southayrshirecmhw.co.uk)
South Lanarkshire	www.wellbeingsouthlan.co.uk South Lanarkshire | NHS Lanarkshire (scot.nhs.uk) slcpsych@southlanarkshire.gov.uk
Stirling	psychological@stirling.gov.uk https://nhsforthvalley.com/health-services/az-of-services/mental-health-wellbeing/self-help-resources/
West Dunbartonshire	WDHSCP@ggc.scot.nhs.uk www.WDwellbeing.info
West Lothian	Inclusion and Support Service - Health & Social Care Partnership (westlothianhscp.org.uk) mentalhealthsupports@westlothian.gov.uk
Western Isles	

Children and Young People – Community Mental Health and Wellbeing Supports and Services Framework

Appendix 5: Social Prescribing

- A Desk Review of Social Prescribing: from origins to opportunities
- Social isolation and loneliness: Recovering our Connections 2023 to 2026 - gov.scot (www.gov.scot)

Chapter 6 – Social Prescribing Tools

Appendix 6: Local contacts – Alcohol and Drug

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	Clackmannanshire and Stirling Alcohol and Drug Partnership - Health and Well-being (nhsinform.scot)
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 partnership · East Ayrshire Council (east-ayrshire.gov.uk)
East Dunbartonshire	Alcohol and Drugs Recovery Service | East Dunbartonshire Council
East Lothian	MELD Contact Service | Drug and alcohol recovery services | 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)

Local Authority	Website / point of contact
Falkirk	Health & wellbeing - Alcohol & drug awareness | Falkirk Council
Fife	FifeADP
Glasgow	Glasgow Alcohol and Drug Services (GADRS) - Glasgow City Council
Highland	Highland Alcohol and Drugs Partnership | NHS Highland (scot.nhs.uk)
Inverclyde	Inverclyde Alcohol and Drug Partnership I Alcohol & Drug Prevention I Inverclyde, Scotland (inverclydeadp.org.uk)
Midlothian	MELDAP Midlothian & East Lothian Drugs And Alcohol Partnership (meldap-recovery.co.uk)
Moray	Preventing Alcohol and Drug Harm - Moray Protects
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	Drugs and Alcohol | NHS Orkney (scot.nhs.uk)
Perth & Kinross	Perth and Kinross Alcohol and Drug Partnership - Perth & Kinross Council (pkc.gov.uk)
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	Shetland Alcohol and Drug Partnership – Shetland Islands Council
South Ayrshire	Alcohol and Drug Services - NHS Ayrshire & Arran (nhsaaa.net)
South Lanarkshire	SL Alcohol and Drug Partnership - South Lanarkshire Council
Stirling	Clackmannanshire and Stirling Alcohol and Drug Partnership - Health and Well-being (nhsinform.scot)
West Dunbartonshire	Addictions | West Dunbartonshire Council (west-dunbarton.gov.uk)
West Lothian	WLDAS | Home
Western Isles	Alcohol Drug Partnership (outerhebadp.com)

Alcohol Drug Partnership

Scottish Government
Riaghaltas na h-Alba

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