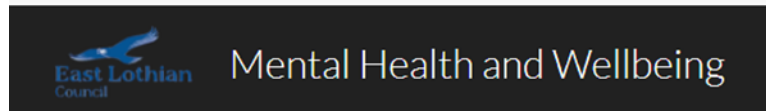
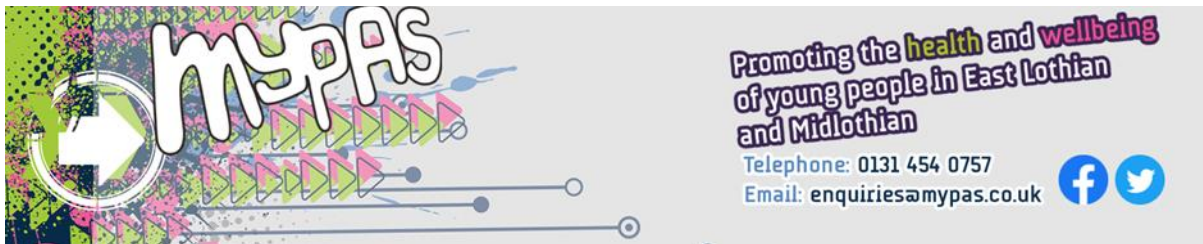


## **Mental Health and Wellbeing Supports and Signposting**

Please find some suggestions for supporting children, young people & their families expressing mental health concerns below:



- [Mental Health and Wellbeing](#) – this East Lothian Council site has a host of information and suggestions for a range of topics, as well as recommended apps and websites
- Managing stress podcasts on [site](#).
- Advice on discussing the steps in maintaining positive mental wellbeing: routine, diet, exercise with the child or young person. Focussing on getting our lifestyle and wellbeing on track can make a big difference to how you feel. This is an essential part of self-care too!
- “5 Ways to Wellbeing” resource
- Free Solihull course - understanding your brain (for teenagers only!) available on site
- “Feel Good” resources



East Lothian Council has invested in the MYPAS school counselling service which is available at NBHS – you can find out more about this service here: [MYPAS Home - MYPAS](#).

- MYPAS drop-ins: Digital (Mon-Fri 3.30-5.30pm) and Walk-in (15-min consultations with link MYPAS counsellor via Google Meet/phone call) – these can be arranged via school through a Guidance teacher or young people are able to self-refer

At NBHS, we have a Mental Health Youth Worker, Martin Lahiffe, in school Tuesday-Thursday. You can find out more about Martin here: [North Berwick mental health youth worker shortlisted for award | East Lothian Courier](#)

He is able to offer:

- An opportunity for parents/carers to through a particular case with the MHYW
- The LIAM (Let's Introduce Anxiety Management) programme for young people
- Wellbeing Walks for young pupil

Young people can speak to their guidance teacher to find out more or see Mr Lahiffe to arrange an appointment. He has a room right next to the Medical Room.

Where a number of services are already involved in a young person's plan, pastoral staff at NBHS may use the CAMHS (Child and Adolescent Mental Health Service) consultation line.

You can find further information here: [Child and Adolescent Mental Health \(CAMH\) \(nhslothian.scot\)](http://nhslothian.scot)

We are very fortunate to have some fantastic 3rd sector supports here in East Lothian. North Berwick High School can provide further information about these local and national services and already refer young people in to the appropriate service, in consultation with the young people themselves and their parents/carers:

- Young Carers - [Home \(eastlothianyoungcarers.org\)](http://eastlothianyoungcarers.org)
- People Know How - [People Know How | Unlocking Your Ideas](#)
- Venturing Out - [Venturing Out - Outdoor Activities in East Lothian and Edinburgh](#)
- Get Connected Youth Service - <https://www.getconnected.org.uk/>
- Womans Aid - [Home - Women's Aid \(womensaid.org.uk\)](http://womensaid.org.uk)
- Herbspace - [Home - Herbspace](#)
- North Berwick Youth Project – offer programmes such as Cool, Calm and Connected for young people and Raising Teens with Confidence for parents/carers- [Support for Young People | North Berwick Youth Project | Scotland](#)

And specifically for Parents and Carers:

- Cathy Creswell book – “Overcoming your child’s fears and worries: a self-help guide using CBT techniques” - [Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques \(Overcoming Books\): Amazon.co.uk: Cathy Creswell, Lucy Willetts: 9781845290863: Books](#)
- Anxiety Canada website <https://www.anxietycanada.com/>
- Children’s 1st Parentline- or practical, emotional, and financial support on a one-off or continued support - [Children 1st Parentline - Parenting Help, Advice & Support | Children 1st](#)