



Highland Mental Health Delivery Group Newsletter Winter 2022

Welcome to the Winter 2022 edition of the Mental Health Delivery Group (MHDG) newsletter produced by NHS Highland - Health Improvement Team, on behalf of the Highland Community Planning Partnership (HCPP) Mental Health Delivery Group

Mental Health and Wellbeing in Children and Young People

This edition of the newsletter focusses on information, services and resources to support the mental health and wellbeing of our children and young people in Highland.

As well as the usual links to information and resources., there is information about just some of the work that is going on in Highland to support the mental health and wellbeing of children and young people, with maybe some ideas and questions here and there to help you think about what you can do to help too.

"Mental health is part of everyone's day to day life, it affects all of us, but there is still a stigma around it. To tackle this properly we need to help young people to understand that it is okay not to be okay and you can talk about it. We also need the adults in young people's lives to understand how to talk about it and how best to support young people".

See Me Scotland

[Click this link](#) to find out more about the work of See Me Scotland

Talking about your feelings isn't always easy no matter what age you are. It can be embarrassing, you might be worried about how people react to what you are saying, you might even feel ashamed. None of this should be how it is for people so let's all do our bit to make it easier.

See Me
End mental health
discrimination



[Young People - How to talk about your feelings](#)

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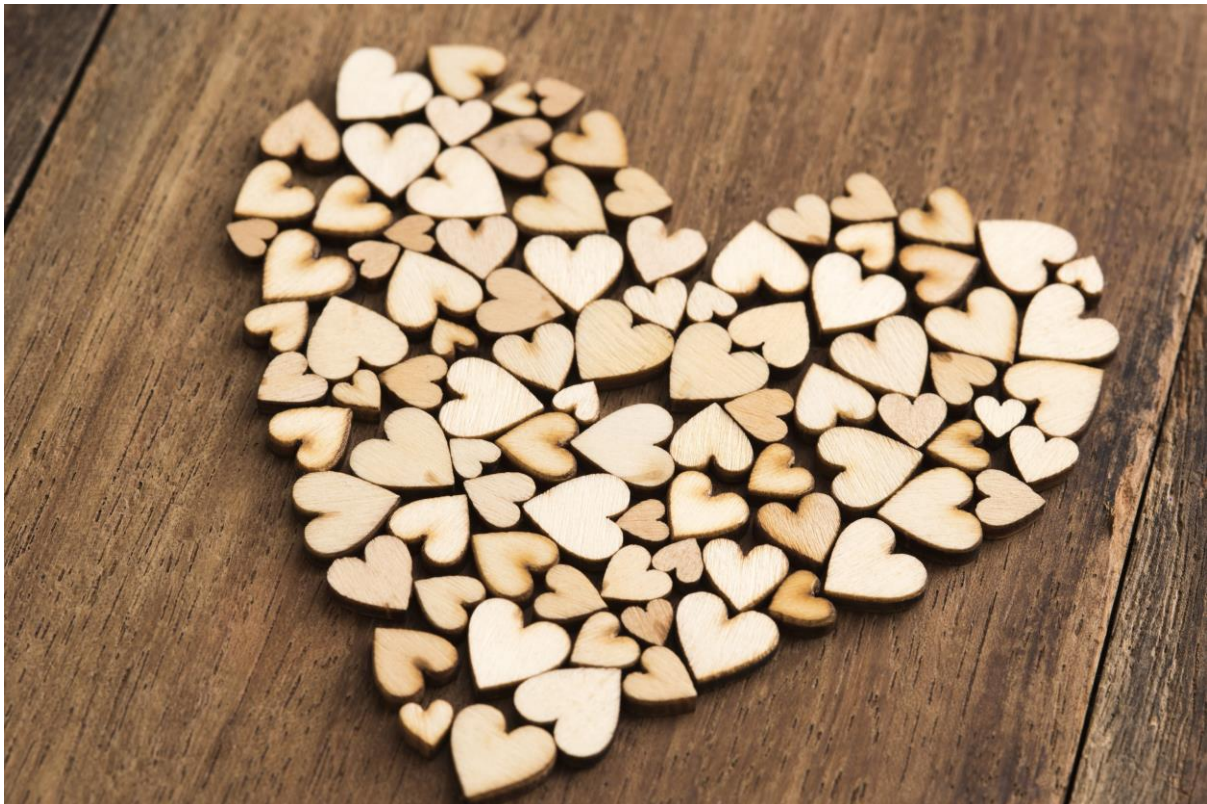
Wellbeing Highland (for children and young people)

Training opportunities

Spread the word via this newsletter! Keep us updated please?

The Mental Health Delivery Group Explained

But first - taking care of you this winter



If you or someone else is experiencing mental distress and you are worried about your own or someone else's immediate safety:

- Call 999 or go straight to A+E immediately.
- If you are calling for someone else, try to establish the person's, name, contact details and location

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental wellbeing:

- Advise them to call NHS 24 on 111 or speak to their GP. The route into formal mental health services is through a GP surgery.
- If someone discloses to you that they are already being supported for their own mental health, it's useful to link them to where they are currently receiving support

Important Support Line Numbers and Links

- [NHS 24](#) on 111
- [Samaritans](#) on 116 123
- [Breathing Space](#) on 0800 83 85 87 (6pm Friday – 6am Monday & 6pm – 2am on weekdays)
- [Mikeysline](#) text and multimedia crisis support
- [Shout](#) by texting 85258
- [Clear Your Head](#) website

Christmas - to be enjoyed or endured?

On behalf of the Mental Health and Wellbeing Delivery Group (MHDG), I would like to take this opportunity to wish you all a peaceful Christmas and New Year.

We know that for some people the Christmas and New Year period can be especially difficult. Society tells us that the festive season is a time of celebration, joy and laughter and a time to enjoy the company of family and friends.

However, for people who are struggling with **depression** these constant messages reminding you that you should be happy can make you feel worse.

The lights, music and crowds that seem to be more intense over the festive season can be daunting for most people but can be even more intense if you struggle with **anxiety**.

Christmas and New Year can be stressful. Cooking, buying presents, keeping children entertained and increased money worries can be overwhelming and exhausting, particularly for people with **chronic stress**.

Social pressures that give the impression that we all have to enjoy the festive season can also lead to a sense of loneliness. Combined with grief if you have lost a loved one, can mean that for some people this time of year is endured rather than enjoyed.

It is important to recognise that if you are struggling over the Christmas and New Year period, **you are not alone. Mental health issues over the festive period affect more of us than you might think.**

Cathy Steer, NHS Highland and Chair of the Mental health Delivery Group


There is support available

MIND is a national organisation which listens to and learns from people with experience of low mood and mental ill health. If you are or you know someone who is finding it tough going, [click this link](#), you'll find information which helps us all understand why Christmas and new year might be hard for some people and a host of information and ideas as to what might help folks cope and get through it.



Download the Signposting to [Mental Health and Wellbeing Resource](#) for more information and support options

Signposting to mental health and wellbeing resources

 **Highland**
Community Planning Partnership

The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed. There are services where you can find confidential and trusted support, these include:

Help in a crisis

The following advice is intended for crisis situations which happen only rarely. A mental health crisis is when someone feels their mental health is at breaking point and they need urgent help and support.

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**. If you are calling for someone else, try to establish the person's, name, contact details and location.

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental health, advise them to call NHS 24 on **111** or speak to their GP. The route into formal mental health services is through a GP surgery. If someone discloses to you that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

Support, advice and resources can also be found at:

- Samaritans - **116 123** (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87** (Monday to Thursday 6pm – 2am; Friday 6pm to Monday 6am)
- Mikey's Line - **07786 207755** (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am)
 - Young People can email yo@mikeysline.co.uk for an appointment
 - The Hive, 19 Academy Street, Inverness – closed during lockdown
- Ewen's Room - **0800 689 3317** (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Rape and Sexual Abuse Service Highland (RASASH) - **03330 066 909** (Monday/Wednesday/Friday 9.30am till 12.30pm; Tuesday and Thursday 1.30pm till 4.30pm). Text support Service: **07451 288 080**
Support email: support@rasash.org.uk
- Rape Crisis Scotland - **08088 01 03 02** (Phone free any day between 6pm and midnight)
Text: **07537 410 027** (If no immediate response, let them know when is a safe time to contact you)
- LGBT Helpline Scotland **0300 123 2523**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**
- James Support group - **07563 572 471** (24 hour helpline)

Non-crisis situations

In most instances where mental health concerns are raised it will not be a crisis. If you have, or someone you are in contact with has concerns about mental ill health, a GP should be the first point of contact.

It is understandable in the current pandemic that many people will feel anxious, worried or stressed. For those who are in need of emotional/wellbeing support or who are affected by isolation due to the current COVID-19 circumstance, you might want to look for local voluntary organisation who can offer a regular welfare call or suggest contact with a befriending service.

1 - Need new photos

Additional resources

While we can't control many of the challenges around us, there are still things we can do to protect our mental health and wellbeing. Check out any of the resources:

Befrienders Highland
www.befriendershighland.org.uk
 A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health, memory difficulties or dementia and carers.

Clear Your Head
clearyourhead.scot
 Great tips from the Scottish Government and partners to help get you through these difficult times.

Highland Mental Wellbeing
www.highlandmentalwellbeing.scot.nhs.uk
 A collection of resources gathered by NHS Highland to support mental wellbeing

Highland Digital School Hub: Wellbeing for all
www.highlanddigitalhighland.org.uk/wellbeing-for-all
 Resources to use at home to help with going back to school, and resources for school staff to support themselves

SAMH Information Service
www.samh.org.uk/information-service
 You can talk to their information team about mental health on **0344 800 0550**, and there is a range of information on support, including:

- If you urgently need help - <http://bit.ly/3bW3QFE>
- SAMH have put together a list of organisations who can help if you need to speak to someone.
- Protect your wellbeing in winter - <http://bit.ly/2NZ4WYy>

Some of us may struggle with our mental health and wellbeing during the colder months.

Prevent Suicide – Highland App
 The 'Prevent Suicide – Highland' app can be downloaded for smart devices from:

- Apple App Store - <https://apple.co/34kb2nf>
- Google Play Store - <https://bit.ly/3Z7FJUG>

NHS Education for Scotland (NES) national animations (each video is approximately five minutes in length)
 A series of videos promoting children and young people's mental health and preventing self harm and suicide:

- What is mental health? - <https://vimeo.com/450051310>
- How to talk about mental health - <https://vimeo.com/450052951>
- Self-harm and suicide prevention - <https://vimeo.com/450054407>

A series of videos for adults are also available:

- Ask, tell, look after your mental health - <https://vimeo.com/338176495>
- Ask, tell, have a healthy conversation - <https://vimeo.com/338176444>
- Ask, tell, save a life – every life matters - <https://vimeo.com/338176393>

This resource has been produced by the Highland Community Planning Partnership Mental Health & Wellbeing Delivery group. If you require a copy of this guide in an alternative format please contact the Highland CPP by emailing info@highlandcp.org.uk

Rotary Club - support lists

| ORGANISATION | TYPE OF ASSISTANCE | TIMES | ARRANGEMENT | ADDRESS AND CONTACT |
|--|---|---|--|---|
| Highland Foodbank Part of Blythwood Care | Food bank & bags of food | Mon - Fri 12 noon - 2pm | Crisis Model by referral Speak to Citizens Advice Bureau or Highland Council Welfare Team | 1 Galda Street Inverness Call 01463 717 619 Or 07875 152 696 Email: foodbank_admin@blythwood.org |
| Inverness Foodstuff | Meals and food to take away and other services | Mon 1pm - 3.30pm Thurs 1pm - 3.30pm Sat 1pm - 3pm | Just turn up Or contact via facebook | Ness Bank Church Hall, Ness Bank. Call 07552 301 054 Email: invernessfoodstuff@gmail.com |
| Café 1668 | Meals and food to take away on allocated days and times | Open Mon - Fri 9am - 3pm Note free meal times below Mon, Wed, Fri 9am - 2pm | Just turn up | 86 Church Street Inverness Call 01463 224654 www.bighighlands.org.uk/cafes |
| Crown & City Community Cupboard | Food and toiletries | 7 days 9am - 8pm | Just turn up | Shed by the blue door 1 Anderson Street, Inverness |
| Salvation Army | Food bank and bags of food | Wed & Fri 9am - Noon | Just turn up | 28 Bernhardsburgh Street Entrance from Tumbourburgh St. Call 01463 225226 |
| Scottish Welfare Fund | Emergency help with food, white goods, clothes fridge washing machine etc & welfare assistance if on low income | Mon - Fri 9am - 3pm | Phone or Email | Call 0800 183 1887 www.gov.scot/scottish-welfare-fund |
| Good-NESS Project | Food | 7 days 10am - 6pm | Just turn up or contact via Facebook Good-NESS project | The Bann Centre, Bann Church Road Culloden, IV2 7AB |
| Compassion in Crisis | Fresh Food bags & practical support | Mon - Fri 9am - 5pm | Referrals through Health, Education or Social Services if living in Smithton area | 1 Murray Road, Smithton, IV2 7TU Call 01463 793 191 Email: compassioninthesouth.org.uk |
| Smithton Church | Community Food Night Burgers, Hot Dogs, and hot/cold drinks. 4 items £1 | Thursday 5pm - 6.30pm | Please turn up promptly | 1 Murray Road, Smithton, IV2 7TU Call 01463 793 191 Email: info@smithtonchurch.com |
| Culloden Gospel Hall | Meals to sit in or take away | First Sunday every month 5pm | Please turn up promptly | Culloden Gospel Hall Keppoch Rd, Culloden IV2 7LL Call 0780 246 4802 Email: contacts@cullodenchristianassembly.com |
| SHMCA Scottish Highland Islands Moray Chinese Assoc. | Food vouchers, school uniform bank, energy top up | By arrangement | Phone or email for assistance | 1 Anderson Street Inverness Call 07595 891 450 Email: inverness.org.uk@gmail.com |

Compiled by Rotary Club of Inverness Riverside as a community project

Updates / alterations please contact: 07917 115 187



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www.macleodmac.co.uk

A Community Project by the Rotary Club of Inverness Riverside
Sources of Help & Advice in the Inverness Area, October 2022

| ORGANISATION | TYPE OF ASSISTANCE | TIMES | ARRANGEMENT | ADDRESS AND CONTACT |
|---|---|---|--|---|
| MyKalyan | Confidential free to phone and text based mental health support for adults & young people | 1001 Sun - Thurs 9am - 10pm 1002 Sat Sun 10am - 1pm 12 Support group phone based Drop in - 10.30am Mon - Sat | 1001 Manager & Partner Drop in or group 24 appointments WhatsApp, WhatsApp or Website | 8th Floor, 10 Leuchlin Square CA2 1YU 01753 Inverness, Scotland & Facebook www.mykalyan.co.uk/appointments www.mykalyan.co.uk |
| Listening Ear Inverness | Free, listened to, advice, emotional support open to all & free confidential | Support group appointment on drop in to 102, West Gate - 1pm at Inverness Centre Phone 12 noon - 3pm | Additional listening hours by appointment through the web | Colin Blair (Chair) 01463 2021 Cathalain Brown 01463 CA2 1YU 02219 inverness@listeningear.org |
| The Samaritans | Confidential, free, 24-hour support | 24 hours 7 days | Phone, email or text | CA2 1YU 01111 (on web support) 141 Inverness Rd. 141 Inverness Rd. Inverness IV1 1DP www.samaritans.org.uk |
| Articulate Counselling Inverness (ACI) | Substance therapy & group work for people & families. Alcohol abuse & gambling recovery | Mon & Wed 10am - 4pm Tue & Thurs 10am - 4.30pm | Drop in or call or text your mobile number for an online form | 141 Inverness Road, IV1 1DP CA2 1YU 02205 Email: 01753 242252 01463 202020/inverness@articulate.org |
| Healthline Anonymous | Help with Alcoholism and Alcohol Dependency | | Call or text for help for local help | CA2 1YU 0177002 help@healthline.org |
| Universal Credit | Free Universal Credit Mental Health Support Payment Protection Allowance | | A loan to be repaid through universal credit payments | Call Helpline: 0800 133 3444 Text: 0800 228 1744 Inverness 01463, Inver Thistle, Inver Thistle, 901 100 2000 149 8100 |
| InSphere at St Andrew's Cathedral | Substance misuse & related mental health for 16 years, substance & emergency fund | Wed 10am - 3pm Thurs 10am - 4.30pm | Just walk up or call or email advice | Colin Blair (Chair) 01463 2021 CA2 1YU 02219 inverness@invernesscathedral.org |
| New Start Highland | Recovery support & recovery provision, clinical level of recovery provision & employability training assistance | Open Mon - Fri 10am - 3pm | Web, phone or email | 15 Carnegie Road CA2 1YU 01122 or 01463 212177 recovery@newstarthighland.org |
| The Grace and the Gap Fund | Emergency food and basics, top ups, substance and mental health issues clothing, printers | Mon - Thurs 12 noon - 3pm Open hours | For Helen, Leslie Heather and Justina email: helena@the-grace-and-the-gap.org 085 or 0800 | 15 Carnegie Road Inverness IV1 1DP Email: graceandthegap@gn.ac.uk |
| Scottish Welfare Fund | Emergency help with food, utility bills, clothing, help, writing number 0113 number, assistance for low income | Mon - Fri 10am - 3pm | Phone or email (if on benefits or not) | CA2 1YU 011247 www.scot.gov.uk/scottish-welfare-fund |
| Inverness Womens Aid | Support for women, children & young people experiencing domestic abuse | Mon - Fri 10am - 5pm Reopened all other hours but subject to staff availability | Phone or email or text please | CA2 1YU 020719 inverness@iwaid.org.uk 28 for Inverness (Inverness House) 0800 033 1234 |
| Christians Against Poverty (CAP) | Professional help & advice on money management & recovering debt | Regular Mon - Fri 10am - 3pm | Phone or email | CA2 1YU 120106 inverness@cap.org |
| Inverness Citizens Advice Bureau (CAB) | Advice on a wide range of issues e.g. benefits, DVA, strong and support for gambling losses | Mon - Fri 10.30am - 4pm | Phone, email or face to face | 20-21 Broom St CA2 1YU 012744 inverness@citizensadvice.org.uk |
| Highland Council Inverness Team | Resolution or Resolution with Relationships | Office & Out of Hours 24/7 | Phone, Website or Webchat The Housing Policy Officer Inverness & Broom Street, Inverness, IV1 1DP | CA2 1YU 01244 Inverness, IV1 1DP 01463 20200 www.highland.gov.uk |
| Highland Council Social Work Emergency Out of Hours Team | Support child protection issues, people at risk, people with disabilities, health, education, mental health emergencies, adult care and support. | Mon - Further 24/7 Sat - Sun 24/7 | Emergency Out of Hours Team | CA2 1YU 012344 |
| Highland Council Services Point | Benefits benefits, housing issues, general assistance advice, information on all Council services & help with forms filling | Mon-Fri 9.30am - 5.30pm | Web or in face | Broom Street Point, Broom Street Inverness IV1 1DP highland.gov.uk |
| Highland Council Welfare Support Team | Assistance with all financial benefits issues, recovery of benefits checks that have not been paid etc. | Mon - Fri 10am - 3pm | Phone or Email | CA2 1YU 012104 welfare.support@highland.gov.uk |

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Highland Mental Wellbeing website



On the Highland Mental Wellbeing website you will be able to find a wealth of information and local services supporting communities across Highland.

FIND A SERVICE, has a filter option to help you narrow down your search and find the right support for you, in your area.

TRAINING section provides information about training available around the Highlands, provided by many different organisations covering various topics.

EVENTS tab aims to highlight upcoming training and events. It needs you, in local areas, to tell us what's planned, so please tell us about it so it can be shared for the benefit of all concerned. You'll find a contact form in the next section - Spread the Word...

NEWSLETTERS, all editions of the newsletter will be uploaded on the website. They are packed with information and resources

The website can be accessed by clicking this link: [Highland Mental Wellbeing – A collection of resources to support mental wellbeing \(scot.nhs.uk\)](https://www.scot.nhs.uk/highland-mental-wellbeing/)



Download the **FREE Prevent Suicide Highland App**

An information resource and safety planning/discussion tool for the whole community



Available for both Android and iPhone



If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

Scottish Recovery Network - #winterwellbeingscotland campaign



Scottish Recovery Network



The Scottish Recovery Network vision is: **Together we can make Scotland a place where people expect mental health recovery and are supported at all stages of their recovery journey.**

Here's a request from John, the networks person in Highland.

Join Scottish Recovery Network's Twitter and Facebook pages to share activities, resources, and support you are providing this winter to support the mental health and wellbeing of others.

Get involved by:

- *Comment on Scottish Recovery Network's #WinterWellbeingScotland threads*

OR

Send details to christine.muir@scottishrecovery.net with a link to information on how people can get involved / access the support

You can also just follow the network on Twitter and or Facebook to check out the information and ideas being posted by people across the Highlands and Scotland.

- <https://bit.ly/WinterWellbeingTwitter>
- <https://bit.ly/WinterWellbeingFacebook>

[Scottish Recovery Network Link to website - click here](#)

Planet Youth



Planet Youth is based on a pioneering approach originating in Iceland, credited with achieving a drop in teenage drinking and smoking, as well as increasing the number of young people taking part in sport and physical activity, and families spending more time together.

Aiming to reduce and delay alcohol, tobacco and other drug use among young people in Highland

How does Planet Youth work?

It works by increasing 'protective factors' for substance use; the kind of things that, if part of a young person's life, can help to reduce risk. For example:

FAMILY

- having clear boundaries
- parents disapproving of their child using substances
- spending time together.

YOUNG PEOPLE

- that don't use substances
- that avoid other risky behaviours.

SCHOOL

- young people being motivated to learn
- young people feeling safe at school.

FREE TIME

- being involved in structured activities
- having meaningful use of time
- being involved in communities.

What did young people have to say about their lives and experiences?

54 pupils from five Highland secondary schools completed this survey in autumn 2021. They told us lots of things about their lives and experiences, such as:

- Most of the young people said their mental health was good or very good before COVID-19, but this fell substantially since COVID-19
- Boys were more likely than girls to rate their general mental health as good or very good
- **The young people that used alcohol, tobacco or other drugs rated their mental health as worse than the young people that didn't use alcohol, tobacco or other drugs.**
- A significant number of young people had someone else tell them they'd thought about suicide.

A Highland plan to improve 'protective factors' for young people

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frameborder="0" scrolling="no" allowfullscreen title="Planet Youth, IPM - Young People.mp4"></iframe>

For more information:

Planet Youth Model - [click this link](#)

Parent/Carer Booklet - [click this link](#)

Highland Substance Awareness Toolkit (for parent/carers, young people/professionals) - [click this link](#)

Kooth - free mental wellbeing support for young people



Here is what Kooth has to say about itself...

Accessible and age appropriate

Our platform has been designed over the past 15 years with children and young people. We know how they want to access services, what they want to know and how they want to engage.

Anonymous and available

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Kooth.com is an online application removing the need for Apple/Android accounts, data requirements and the stigma of mental health apps on your devices.

Human practitioners

Our live counselling functionality allows children and young people to receive professional support through either booked or drop in sessions as and when a session is required. Our qualified practitioners are real people, not bots, with significant experience in working with children and young people.

Find out more at [Home - Kooth](#)



2 - What's on in December. Find out more at [Home - Kooth](#)

HighLife Highland Youth Work/Service



Get Involved

Fusion is High Life Highland's open access programme for young people to get involved through youth work.

Fusion offers something for everyone whether that is through the various activities like; sport, arts and craft, life skills and issues based projects or just a place for young people to meet up and chat and/or be listened to and respected for who they are.

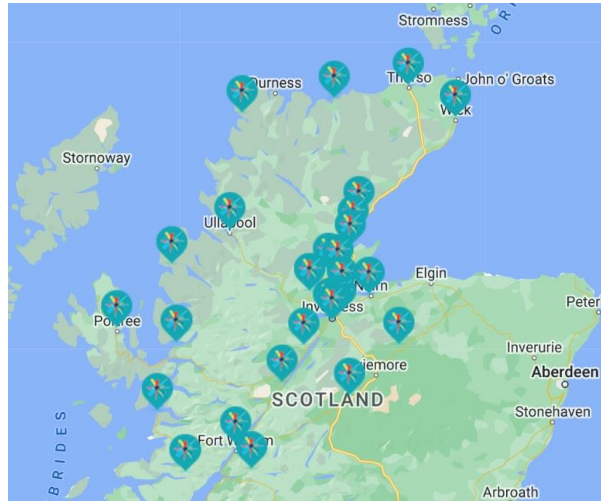
Young people are equal partners in deciding what happens at Fusion what should change.

How we do what we do

- Freedom to come and go from youth work - no commitment asked for
- We value the here-and-now of young people's experience

- Young people play the fullest part in making decisions about anything affecting them.

To get involved, contact one of the HighLife Highland youth development officers, all over Highland. Find full details of your nearest youth development officers here: [Where we work? - Youth \(highlifehighland.com\)](http://highlifehighland.com)



Inspiring Young Voices



"Adults need to recognise that we are unique and that one size does not fit all"
Inspiring Young Voices, Children and Young People

[Click this link](#) to find out more about Inspiring Young Voices and their work to support children and young people (CYP) to participate in decisions affecting them, supporting them to influence positive change and raise awareness of the issues affecting all children and young people across the Highlands.

Their '[useful stuff \(sometimes no other heading will do!\) tab](#) has lots of resources and ideas to get us ALL (adults and CYP) working together and talking about 'stuff'. Pizza is often involved during these discussions!

The Promise



It's Scotland's promise

Scotland has known for a long time that its "care system" isn't working.

It's not done as much as it could to make sure care experienced children grow up loved, safe and respected, and that's made things harder for those children.

Sometimes, things have remained hard as they've moved into adult life.

And because Scotland's "care system" isn't working, it comes at a real cost:

- **It comes at a human cost**, because of the impact it has on the people in and around it.
- **It comes at a financial cost**, because the money isn't spent in a way that really supports people.

So in 2020, **Scotland made the promise.**

The promise is that Scotland's children and young people will grow up loved, safe and respected.

“Scotland must create an environment and culture where finding and maintaining safe, loving, respectful relationships is the norm. That will involve fundamentally shifting the primary purpose of the whole of Scotland’s ‘care system’ from protecting against harm to protecting all safe, loving respectful relationships.”

Fiona Duncan, Chair of the Independent Care Review

Firstly , watch or listen to James's story



Now ask yourself: How can I help Scotland keep its promise to the children and young people I meet, whether that be at work, home or in the community? #keepingthepromise

Find out more about the Promise following this link: [The Promise](#)

You can watch James's Story alongside other stories of children and young people's experiences by following this link:

[Care Review Scotland - Stories from Children and Young people](#)

For those of you who work with children and young people

The [The Love Inc project report](#) which captures the essence of The Promise –

'for children you are experiencing care and have had disrupted relationships, LOVE is likely to be the thing they need to experience and feel the most'.



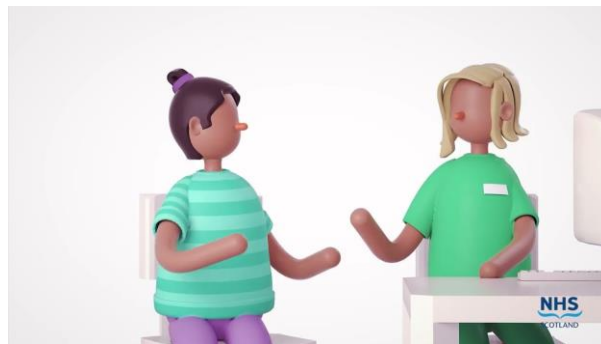
Samaritans Young People's Services



We offer emotional support to young people through the same 24x7 channels as we do for adults - so, phone 116123 or email jo@samaritans.org

We have a service called Step by Step, which works with schools & other youth settings in the aftermath of a suicide. The number to contact the Step by Step team is 0808 168 2528. There's more info on our website: <https://www.samaritans.org/wales/how-we-can-help/schools/>

Perinatal Infant Mental Health Service



Pregnancy and having a baby can be an exciting time for new parents but can also be challenging and overwhelming at times too.

What is the perinatal period?

Perinatal is **the period of time when you become pregnant and up to a year after giving birth.**

CAN AFFECT ANYBODY

Mental illness can affect anybody **regardless of previous history** with 20% of women and 15% of men affected by mental health problems during pregnancy and/or after the birth of their baby.

FOR THE FIRST TIME ...

Some women may experience a mental health problem for the first time during their pregnancy or after the birth of their baby. Other women will have had past or ongoing mental health problems and then become pregnant.

... OR PAST/ONGOING EXPERIENCE

IT AFFECTS PEOPLE DIFFERENTLY

It may be that you are not enjoying your pregnancy or the company of other people whom you normally would enjoy, such as your new baby, partner, best friend, or parent. You may be feeling increased anxiety or worry about the pregnancy/your baby and not want other people to help or interfere.

This is why your Midwife or Health Visitor will ask you about your and your partner's, emotional well-being throughout the perinatal period.

SHARE HOW YOU FEEL

Sharing how you are feeling in the perinatal period openly and honestly with your Midwife or Health Visitor is really important. It can be really difficult to admit that you're struggling. **Many women experience feelings of guilt and this can make it really difficult to tell somebody.**

SUPPORT FOR YOU...

If you require any additional support, your Midwife or Health Visitor can discuss your needs with the Perinatal Infant Mental Health Team who together can consider early interventions, signposting or onward referral to an appropriate service to best support you and your family.

... AND YOUR FAMILY

SPECIALIST CARE

Access to evidence-based specialist mental health care can significantly benefit you, your partner and your baby's mental wellbeing.

The perinatal team offers assessment, signposting and treatment, working with women in community settings. They can also offer pre-conception advice and advice to women who are taking medication for mental ill health.

Referrals to the PIMH Service can be received from any professional. Self-referrals cannot be accepted at this time.

More information on specific perinatal mental health problems can be found here:

<https://www.nhsinform.scot/ready-steady-baby/pregnancy/relationships-and-wellbeing-in-pregnancy/your-mental-health-and-wellbeing-in-pregnancy/>

Mikeysline - a range of support for young people



A safe and confidential place to talk and be listened to for any issues that are causing you difficulties, distress or impacting your mental health

Here's the range of support available...

- 1:1 face to face appointments up to **45 mins per session** with a support worker either face to face or online – **Mondays to Sundays**. **We also provide 1:1 sessions in a number of Secondary schools in Highland.**

[Click here to find out how to make an appointment](#)

- **Young people's service (11-25 years) at The Hive in Tain** on Wednesdays between 4 pm and 8 pm.

- **Young people's service (11-25 years) at our Hive at the Place in Alness** High Street on Wednesdays between 4.30pm and 8.00pm.
- **Appointments at both our Inverness Hive** (7 evenings a week) and our **Nairn Hive** (Saturday evenings 6pm- 10pm)
- **Access to our text-based options every evening**, 7 days a week in addition to the above.

[Click here to find out more about Mikeysline Support for Young people](#)

Highland Cares



Regardless of where you live or work in Highland, the team is working in your area.

What are their plans?

Developing services for children and young people aged 5 -24, the Highland Cares project will facilitate community mental health and wellbeing projects and include events for children, young people, families, and communities.

How will they do this?

The Cares Team will be holding workshops across Highland listening to your voices and needs. Gathering this information, they will then use it to set the priorities for services and support in your community.

How can you help the plans to take shape?

Come along to one of their events.

For information about events in your area or if you have any questions at all, drop the team an email at

Highland.Cares@highland.gov.uk

Child Bereavement Support Services Around Highland



The Archie Foundation

Remi Martin
Archie's Child Bereavement Co-Ordinator for Highlands

"Hello, I'm Remi.

I have enjoyed working with children and young people for over 10 years.

Children are much more competent and aware than we realise and the same applies with their grief. Acknowledging that children grieve even at the earliest of ages is such an important part of my role.

Connecting the dots and getting the right support to children is crucial to their grief journey."

The Archie Foundation
We're here for you



Find more information or support at [The ARCHIE Foundation - Home](#)

Cruse Bereavement Support

Cruse bereavement support has resources and services to support young people. You can find lots of useful information on the website including topics such as:

- Should children come to funerals?
- What children understand about death

- Complicated grief in children
- Signs of grief in a child
- Talking to a child about the death of a grandparent
- Helping teenagers cope with death

Find more information at [Children, young people and grief - Cruse Bereavement Support](#)

Crocus Highland

Crocus Highland is a bereavement support service for children and young people living in the Highlands. Our services are available free of charge to young people living with grief, regardless of their location or the cause of their bereavement.

For more information, visit [What we provide | Highland Hospice](#)



Bereavement services will have an important role to play in supporting Ukrainian children and families them in the weeks and months to come. News coverage and discussion of the war can spark empathy and fear in the wider community of children and young people, and may reawaken their own griefs. Parents and services will be looking for ways to reassure them.

Information on how to support can be found at: [Ukraine crisis \(childhoodbereavementnetwork.org.uk\)](#)

Resources in Ukrainian: [Ресурси українською мовою | Child Bereavement UK](#)

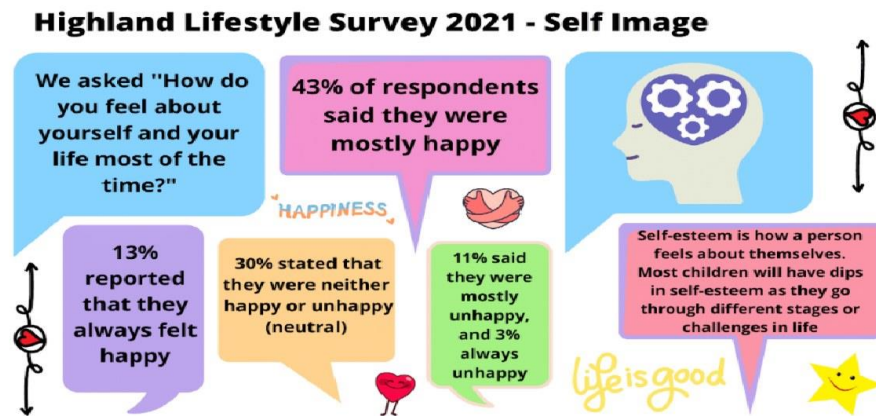
Supporting the Wellbeing of our Children and Young People



Take a look at this fantastic resource developed to support children & young people, parents and carers and anyone working with a child or young person, to access the right information at the right time:

[Supporting the wellbeing of our C&YP \(wellbeinghighland.co.uk\)](http://wellbeinghighland.co.uk)

You'll find support sections for 'Children and Young People', 'Parents and Carers' and 'Practitioners'. There is also a news section and survey results from the Highland Lifestyle Survey presented in useful infographics such as this:



Other survey infographics found on the site include topics like healthy eating and exercise, sleep, bullying, change and loss, bullying and worries. The survey is carried out every 2 years by pupils in P7, S2 and S4.

Do you have a question
about the development
or wellbeing of a child or
young person in Highland?

JUST ASK

Call us:
Tuesdays or
Thursdays, 1-4pm

A health or educational
professional will call you
back within a few days



 Check out
our **Just Ask**
YouTube site
Scan QR code

 The Highland
Council
Comhairle na Gàidhealtachd

 NHS
Highland

If you, as a parent or someone who supports parents, have a question about the development or wellbeing of a child or young person in Highland, you can call **Just Ask** on Tuesdays or Thursdays, 1–4pm. A health or educational professional will call you back within a few days.

This is a great way to access professional advice from local staff in the first instance.

Training for people in a 'helping role'



Training delivered by all Mental Health Delivery Group Partners, for staff/volunteers and community groups

A wealth of training opportunities can be found by selecting the Training tab within the revised Highland Mental Wellbeing website.

[Highland Mental Wellbeing website](#)

Here is a summary of some of the training available this winter.

December 2022 - March 2023

WINTER TRAINING

Suicide Intervention and Prevention Programme

(SIPP) Parts 1 and 2 (2 x 2 hrs)

- 8th and 15th December
- 20th and 27th January
- 25th January and 1st February
- 16th and 23rd February
- 21st and 28th February
- 8th and 15th March
- 21st and 28th March

For all details on all
courses
scan this QR code



Introduction to Mental Health and Wellbeing

3 hrs

- 8th December 10am - 1pm
- 9th December 10am -1pm
- 14th December 10am - 1pm

Health Inequalities - Money Counts [Level 1]

- 12th January 11.15am
- 22nd March 10-11.15am

Health Inequalities - Money Counts [Level 2]

- 16th December 10 - 11.30am
- 24th January 2 - 3.30pm
- 14th February 11 - 12.30pm

Scotland's Mental Health First Aid Training – Inverness. 2 full days

- 11th and 18th January 2022

Mental Health Awareness Toolbox Talk Training

- 7th february , 6-8pm

Quick Guide - how to Access Turas Learn

Some of the training asks you to register via Turas Learn. Watch the video to find out how to:

- Register for Turas Learn
- Sign in to find learning resources
- Find your Learning Record



Spread the word via this newsletter!



The MHDG would welcome the views of everyone from across Highland, who is interested in improving the mental health and wellbeing of people in their local communities.

If you have anything you want to include in our next newsletter, e.g. services you wish to highlight, exciting local initiatives that other areas may wish to replicate, please complete this electronic form, or alternatively,

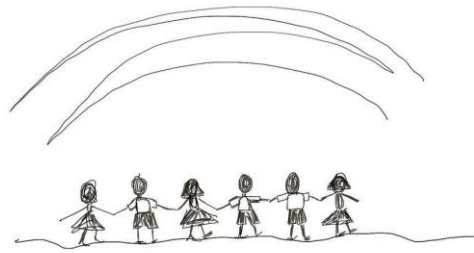
download a word version using [this link](#) and scroll to the bottom of the page. Once completed email it to nhsh.mentalhealthtraining@nhs.scot

The information in the newsletter or the mental health and wellbeing website is only as good as the day it is published.

We work hard to keep it updated but cannot guarantee everything is 100% current unless **all partners and local community planning groups keep us updated.**

Thankyou to those people who are already keeping us updated!

Embed://<iframe width="640px" height="480px"
src="https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5JmtOZighJTdFqyULgUBh5pdUNjYxRTFMWkhYQ083WlQ4VFJZS085UVQ4TS4u&embed=true" frameborder="0" marginwidth="0" marginheight="0" style="border: none; max-width:100%; max-height:100vh" allowfullscreen webkitallowfullscreen mozallowfullscreen msallowfullscreen> </iframe>



together we can do so much -

JEN .

Mental Health Delivery Group(MHDG)Explained



The MHDG is one of 5 thematic sub groups of the Highland Community Planning Partnership (HCPP). The overarching aim of this group is that **all people in Highland will benefit from good health and wellbeing.**

This multi agency group is committed to:

- Sharing best practice, ideas and resources
- Delivering Suicide Intervention and Prevention Training on behalf of the Highland Community Planning Partnership

- Developing an action plan that reflects identified need as highlighted via services from people with lived experience and from data provided both nationally and locally
- Ensuring the people around the virtual table represent the range of activities and services from communities across all 9 local community planning areas

The [Highland Community Planning Partnership](#) brings together public agencies, third sector organisations and other key community groups to work collaboratively with the people of Highland to deliver better outcomes.

Feeding into the HCPP are 9 local community planning partnerships **and** the 5 regional thematic sub groups which are:

- mental health and wellbeing (MHDG)
- community safety and resilience
- infrastructure
- community participation and dialogue
- poverty reduction.







CURRENT MEMBERSHIP

Chairperson - Cathy Steer, Head of Health Improvement, NHS Highland

NatureScot

Cattie Anderson and Liz McLachlan

Third Sector Representatives

Keith Walker

Emily Stokes

Sue Lyons

The Highland Council

Psychological Services Bernadette Cairns

Policy, Equality & Opportunity Rosemary Mackinnon

Occupational Health, Safety and Wellbeing Gena Falconer

Highland Cares Jim McCreath

NHS Highland

Mental Health & Learning Disabilities Helen Eunson

Mental Health Services Arlene Johnstone

Public Health: Siobhan Leen, Maggie Hume, Vacant

Fire Scotland

Jill Graham

Police Scotland

Partnerships Jennifer Baughan

Partnerships Jenny Valentine

HighLife Highland

Lynn Bauermeister

Scottish Ambulance Service

Michael Adams

University of Highlands and Islands

Iris Banger

Highland and Islands Enterprise

Vacant