



## Mental Health Assistance for Young People in Aberdeenshire



- Social Work Social Work Community Learning Disability Service helps people with learning disabilities and complex needs to cope independently, learn new skills, and provides support to adults with learning disabilities and their family and carers. For those that have left School; young adults, families or professionals can directly request a Social Work assessment, however, please note Social Work have a set eligibility criteria. For further information/details, see links below: [Community Learning Disability Service - Aberdeenshire Council](#)
- The Community Mental Health Team (CMHT) are an integrated team of different health and social care professionals including Community Mental Health Nurse, Occupational Therapists, Social Workers, Psychologists etc. The team assess, treat, and manage care needs and provide support to people experience serious mental health problems, normally termed 'severe and enduring' and those 'at risk'. Please note, at present, a GP can only make the referral into the Community Mental Health Team. If young person is not 'eligible' or does not meet criteria, then the GP can help support/signpost the young person to provision/support in their locality. Community Mental Health Team - Aberdeenshire Council For some clients, they might be eligible for both the teams noted above (dependent on diagnosis), this will be discussed within Social Work and the most appropriate team will support the young person/young adult. For those clients who would not meet the above criteria, please see below alternative/useful info/links: [Community Mental Health Team - Aberdeenshire Council](#)
- ACTION 15 workers – ALL GP Practices have access to A15 link workers. They deliver CBT/support (no home visits) to those suffering from 'low' to 'medium' mental health issues – at present this provision is being delivered 'virtually', clients should contact their GP for advice/referral.
- Aberdeenshire Council Mental Health support page - provides signposting to services and useful information pages e.g., SAMH My Life Dynamics, Pillar in K&M Mental Health, and Wellbeing support - Aberdeenshire Council [How to look after your mental health and wellbeing - Aberdeenshire Council](#)
- Barnardos Works – Barnardo's – support to help those who are experiencing low confidence, anxiety, or low mood, to explore future opportunities. Initial enquiries to [Miranda.aitken@barnardos.org.uk](mailto:Miranda.aitken@barnardos.org.uk)
- Aye Feel | Young Scot - Young Scot, the national youth information and citizenship charity aimed at young people aged 11+ Find information about how to look after your emotional wellbeing, tips on how to promote a positive mindset, including young person's blogs, improving sleep routine etc. [Aye Feel - Mental Health & Emotional Wellbeing Information | Young Scot](#)

- FOUR PILLARS – Aberdeen based Support for the LGBT+ community in matters of mental, emotional, physical & Sexual Health and offer information & support on a person-to-person basis

[Four Pillars – Supporting Grampians LGBT+ Community \(fourpillarsuk.org\)](http://fourpillarsuk.org)

- Breathing Space – Free Confidential service for people in Scotland. Open up when you are feeling down, <https://breathingspace.scot/> 0800 83 85 87 [Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](https://breathingspace.scot/)

- Mind - Living with a mental health problem, or supporting someone who is, having access to the right information is vital. 0300 123 3393 <https://www.mind.org.uk/>

- Togetherall provides support for young people and adults aged 16 years and upwards. Trained accredited professionals are available 24 hours a day, 7 days a week, meaning that any young adult who may be struggling can choose from a range of safe therapeutic services at a time that best suits them. This service can be accessed by inputting your postcode at [www.togetherall.com](http://www.togetherall.com) and creating completely anonymous user account [Togetherall](http://www.togetherall.com)

- Kooth Online Emotional Wellbeing & Mental Health Service for 10 – 18 years - Kooth is working with Aberdeenshire Council to launch our Kooth online emotional wellbeing & mental health service for young people in the area from 21st June 2021. Please do not hesitate to contact Kooth in Aberdeenshire with any queries via: [ksmith@kooth.com](mailto:ksmith@kooth.com) or [aberdeenshire@kooth.com](mailto:aberdeenshire@kooth.com)

- SAMH – have created a Young People Wellbeing Directory for Aberdeenshire which contains details of organisations, apps, and support services. Please email [Opportunitiesforll@aberdeenshire.gov.uk](mailto:Opportunitiesforll@aberdeenshire.gov.uk) for a copy of the directory.

- Education Scotland – Have pulled together a set of resources on the topic of health and wellbeing to support practitioners, parents, and young people. Includes links to professional learning and covers areas such as mental health, domestic abuse, gender-based violence, stigma, and discrimination. <https://wakelet.com/wake/g0cSAs-7XEXOWW8kgyZfs>

- Prevent Suicide NE Scotland - contains suicide prevention information, a space to create a Safe Plan, and local and National signposting - one of the sections is 'Children and Young People'. If any organisation would like anything added to the app/website in the way of signposting information, they can email [NorthEastSuicidePrevention@samh.org.uk](mailto:NorthEastSuicidePrevention@samh.org.uk) so that the team can let the app developer know. App is available on all major app stores and is free to install. You can find the website here - Prevent Suicide Northeast Scotland - App and Website [Prevent Suicide Northeast Scotland - App and Website \(preventsuicideapp.com\)](http://preventsuicideapp.com)

- Directory of Mental Health Support for Ethnic Minority Communities – there is a directory of support for ethnic minority groups in and around Grampian. If you would like access to this, please contact [OpportunitiesforAll@aberdeenshire.gov.uk](mailto:OpportunitiesforAll@aberdeenshire.gov.uk) or [Hilary.bell@nhs.scot](mailto:Hilary.bell@nhs.scot) 10

- WELL Aberdeenshire - Penumbra Mental Health Aberdeenshire - <https://www.penumbra.org.uk/services/aberdeen-well-well-empowered-linked-locally/> If you're looking for ways to look after your mental health and wellbeing, our free short-term support can help you feel well, empowered, and linked locally.

- Mind Yer Mind - a campaign to encourage the people of Aberdeenshire to look after their mental wellbeing - <https://www.mindyermind.com/#toolkit>

### **Useful Link Autism - Young People in Aberdeenshire**

- Autism Understanding Scotland – services for people in Aberdeenshire and Aberdeen City - We provide pre and post diagnostic autism related support for people living in Aberdeen City and Aberdeenshire. We cover a variety of areas including Employment and Autism Services. <https://www.autismunderstanding.scot/services>