



A partnership across the North West locality who will work together to:

- Improve the mental health and wellbeing of children and young people
- Improve the resilience of children and young people – increasing the capacity for children, young people, and their families, to resolve difficulties and problems
- Increase the capacity of parents/carers in supporting the emotional needs of their children and young people

Referrals

This service is for children and young people who live in North West Edinburgh who are;

- Aged 5-24 (26 for care experienced young people) who live at home
- Are experiencing challenges around mental and emotional wellbeing or distress

We accept referrals from families, education, health professionals, social workers, other community projects and housing officers.

- Circle
- Stepping Stones North Edinburgh

Providing outreach family support which aims to provide holistic support to children ages 5+, young people and their parents / carers, alongside an offer of 1:1 support for children. Aims to build resilience, parenting capacity and positive relationships to aid positive mental and emotional wellbeing.

- Granton Youth

Counselling available to young people aged 10+, embedded within a youth work setting, to offer an accessible and supportive place for young people to express their emotions and concerns and achieve improved mental health.

- Intercultural Youth Scotland

IYS Mental health service currently offers young people identifying as Black or a Person of Colour (PoC) in Scotland, aged 12-25 tailored culturally appropriate therapy. With an anti-racist approach to mental health and expertise around racial trauma.

- Youth Work Partners
- Muirhouse Youth Development Group¹
- Wester Hailes Youth Agency²
- Pilton Youth and Children's Project³

Youth work partners will be able to provide a range of group work opportunities which focus on giving young people the tools to help them utilise their strengths in building resilience and coping strategies in relation to the challenges they face on a daily basis.

Individual support sessions will also be available, offering young people a safe space to address issues affecting their lives. Tools such as Let's Introduce Anxiety Management and Trauma Informed Practice can be offered and support will be tailored to individual's needs so that young people can develop coping strategies, manage feelings, deal with stress and work from a strength-based approach to build confidence and resilience.

Contact

Stepping Stones and Circle support: info@circle.scot

Granton Youth: mary@grantonyouth.com

Muirhouse Youth: info@mydg.org.uk

Wester Hailes Youth Agency: info@youthagency.co.uk

IYS: MHS@interculturalyouthscotland.org

PYCP: laura@pycp.co.uk

¹ covering Royal High and South Queensferry HS

² covering Forresters HS and Craigmount HS

³ covering Broughton HS and Craigmoynton HS

