



# Kinross HS Cluster

Mental Health Supports & Pathways



You can access services directly or signposted by the school.

## What supports are available?



**Cool2Talk** - [Cool2Talk](#)  
**Togetherall** - [Togetherall](#)



**Shout** - [Shout](#)

**Community Link Workers** - [PKC CLW](#)

CLWs help ease the transition from primary to high school and can work with young people within school and in the home to address barriers that impact on young people accessing their learning.

**Educational Psychology Service** - [PKC EPS](#)

EPS provide consultation and support to young people, families and schools. The primary focus of their work is to identify and assess barriers to learning.

**Services for Young People** - [PKC SfYP](#)

Services for young people work with and support young people aged between 12 and 25 and their families to resolve concerns at home, school and in the community.

**General Practitioner (GP)** - [NHS Tayside GP](#)

Make an appointment with your GP to discuss your mental health.

**School Nurse Team** - [NHS Tayside SNT](#)

School Nurse Teams work in smaller clusters to support young people in their allocated school area.

**Child and Adolescent Mental Health Service** - [CAMHS](#)

CAMHS provides specialist supports as part of NHS Tayside.

**Mindspace Counselling in Schools** - [Mindspace](#)

Counselling in schools is an additional service based in school aimed at supporting young people from aged 10 upwards.

**The Lighthouse** - [Suicide, Self-Harm & Crisis Support](#)

The Lighthouse is a local non-profit service offering crisis support for anyone aged 12+ who is at risk of self-harm or suicide. 0800 121 4820



Child Protection Duty Team **01738 476768**

Police (Non Emergency) **101** (Emergency) **999**

NHS 24 **111**

Childline **0800 1111**




**All of us worry** sometimes. Feeling worried or anxious is a **natural response**. It can affect us both physically and mentally; how we think, feel and respond to stressful situations. **The good news is that you can really help** and, there is additional support available should these feelings become entrenched and truly debilitating.


However, there are lots of **simple things** we can do to support our children to understand and manage their feelings that will really make a difference **before looking for additional help**. Try to:

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 **Foster opportunities** for your child **to talk** to you about their worries and **actively listen**.

- ★ Car journeys are often good for this as it can feel less intense for you both and direct eye contact can be avoided.

 **Reassure** your child that it is **normal to feel worried** about things, and **you understand** that they are struggling with how they are feeling or thinking, and this can feel really overwhelming in the moment.

 **Make a plan together** about how they might face a situation or tackle a new problem. **Small, achievable steps** will build confidence towards tackling the bigger fear.

- ★ It can be a **common response** to try and **avoid situations** which are causing anxiety; however, it is important that you **support** your child to **face their fears** in a way that **feels safe** for them so they can **overcome** their fears.

 **Positive role modelling** is powerful in helping your child with their anxieties.

- ★ Children learn from what they see, hear and feel around them – even when we do our best to disguise it. Focussing on solutions and challenging negative perceptions can help your child to build resilience and lessen worries.
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## Some techniques that you can use to help your child include:

**Distraction:** encourage them to do something they love e.g. listening to music, watching a film together, baking, sports, etc. or learning something new.

**Challenging negative thoughts:** thoughts are not necessarily facts; they can be challenged. Try to help your child identify faulty thinking patterns e.g. 'I am no good', 'Everything always goes wrong', 'nobody likes me'. Fact or just opinion?

**Stop and step back – take a long deep breath:** Learning to pause, sit in our thoughts, observing how and what we are feeling physically can help our thinking brain to catch up with our emotional one. Try and see the bigger picture – Is there another way of looking at this? What would someone else say about it? What advice would I give a friend in this situation and how important is it right now?

**Remind them, this feeling will pass:** Help them to recognise and accept that sometimes we cannot change the situation, all we can do is keep going but the emotion will pass.

**Think about sleep and screen patterns.** Poor sleep and screen habits will make things worse.

**Practice** – it takes time to embed new habits. Be kind to yourself and encourage your child to be kind to themselves also. Reflect on what has helped in the past and don't be discouraged by the times it didn't quite go to plan.