

CYP MENTAL HEALTH INFORMATION

Scottish Government: The Scottish Government's first national strategy to tackle social isolation and loneliness and build stronger social connections. The reality is that social isolation and loneliness permeates all ages, stages and groups in our society. Children and young people increasingly report feelings of loneliness.

Read more [click here](#)

World Health Organisation: Depression is one of the leading causes of illness and disability among adolescents. When adolescent mental health conditions are not addressed, they extend into adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives. Mental health promotion and prevention are key to helping adolescents thrive.

Find out more [click here](#)

Mental health in schools: Guidance from the Department for Education (DfE) for schools on supporting pupils with mental health problems. Includes information about school responsibilities in relation to mental health; how to identify behaviours that might be related to mental health problems; working with external professionals and agencies; where to find further support.

Read the guidance [here](#)

Care experienced YP: A new survey, commissioned by the Life Changes Trust, has revealed that while attitudes in Scotland to care experienced young people are generally very positive, some people still hold discriminatory attitudes.

Read more [here](#)

Resources

UK Safer Internet Centre has developed a series of resources for 3-18-year-olds focusing on the topic of consent online and how consent is asked for, given and received in different circumstances. The resources features four educational packs for children and young people, a pack for parents and carers and a pack to support educators. The resources accompany Safer internet day 2019 which takes place on 5th February 2019.

Access the resources [here](#)



Quarriers have developed a primary aged resource Let's Talk About Mental Health.

Find out more about the resource [click here](#)

Child-friendly, illustrated versions of thirty articles of the Universal Declaration of Human Rights have been published in the latest research guide for children and young people created by the OHCHR Library.

Resources can be downloaded [here](#)



Training

Children's Health Scotland (CHS): has produced a Children and Young People's (CYP) Healthcare Rights e-learning resource for practitioners in health and social care who work with children and young people. For more information with regards to the course it can be accessed [here](#) and should take approximately 40 minutes to complete.

