

## Barnardo's Wellbeing in Fife

*We are trying to improve the mental health and wellbeing and capacity of young people across Fife through open conversations around mental health, education on mental health and wellbeing, upskilling management of mental health issues and general wellbeing and supporting young people, parents/carers and other services to feel confident in responding to mental health and wellbeing concerns.*

*Do you run, attend, or know of a group of young people that might benefit from an input around mental health and wellbeing?*

### What can we do?

- Informally meet with them
- Give information about our service
- Discuss presenting issues/main mental health concerns within the group (in an informal way)
- Hang around for those that wanted to drop in and have specific 1:1 conversations about their needs/situation
- We will bring inputs/games/resources if this is identified as beneficial

### What else can we offer?

- **Regular drop in sessions** - this can look different depending on what you provide, but likely about dropping in and providing an opportunity for attendees to come and chat about issues that may be on their mind with a practitioner who can offer suggestions, advice and information.
- **Workshops** – one off session on topics particular to your group (e.g if several struggle with low self-esteem we could do a session on this)
- **On-going support/groups** – where there is a more pressing need we can put on a separate group (for several weeks) to cover a topic and improve understanding, skills and management of the topic (for example with another group we provided a self-harm group for members struggling with this. This needed more than a one time workshop).
- **Input/training or workshop to your staff team**, to enable them to feel more equipped to respond to the wellbeing and mental health concerns of those they support
- **Direct support via short term 1:1** support if there is a particular need/goal, art therapy or support to access other services where additional support is needed

**Get in touch:**  
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