












**CAMHS Resource List**







## Contents Page

<a href="#">General Mental Health Resources</a> .....	Page 3
<a href="#">Online Support Services</a> .....	Page 4
<a href="#">Abuse and Trauma</a> .....	Page 5
<a href="#">Bereavement</a> .....	Page 7
<a href="#">Drugs and Alcohol</a> .....	Page 8
<a href="#">Eating Disorders</a> .....	Page 9
<a href="#">Employment Support</a> .....	Page 9
<a href="#">LGBTQ+</a> .....	Page 10
<a href="#">Mediation / Relationship Support</a> .....	Page 11
<a href="#">Self-harm</a> .....	Page 11
<a href="#">Sleep</a> .....	Page 12
<a href="#">Young Carers</a> .....	Page 12
<a href="#">Youth Groups</a> .....	Page 13
<a href="#">Parent Resources</a> .....	Page 15
<a href="#">Neurodevelopmental Supports</a> .....	Page 16
<a href="#">NHS Specific Services</a> .....	Page 20
<a href="#">Other</a> .....	Page 21

## General Mental Health Resources



 <p>Primary 6 – 18 years</p> 	<p><b><u>Quarriers</u></b></p> <p>Tier 2 resilience for wellbeing service which focuses on prevention and early intervention to aid and improve mental health.</p> <p>Can be accessed through school, GP or self-referral form found on the service website.</p> <p>Call 01896 668 411 Text 079379 86558 or email <a href="mailto:borders@quarriers.org.uk">borders@quarriers.org.uk</a></p>	 <p>16-25 years</p> 	<p><b><u>One Step Borders</u></b></p> <p>One Step Borders (Tier 2) support young people and their families in the Scottish Borders experiencing emotional and mental health pressures. They offer low intensity intervention to those suffering mild to moderate mental health issues and/or those at risk of developing them.</p> <p>Phone: 03003110371 Email <a href="mailto:alex@onestepborders.info">alex@onestepborders.info</a></p>	 <p>8 years +</p> 	<p><b><u>Cheviot Youth</u></b></p> <p>Tier 2 and 3 service offering specialist group work and 1:1 for those experiencing mental ill health or who may benefit from emotional support. Hubs in Jedburgh and Kelso.</p> <p>Accept self-referrals Phone: 01573 228285 Email: <a href="mailto:info@cheviotyouth.co.uk">info@cheviotyouth.co.uk</a></p>
 <p>16 years +</p> 	<p><b><u>Breathing Space</u></b></p> <p>Breathing space is a free, confidential, phone and web chat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.</p> <p>Helpline number: 0800 83 85 87</p>	 <p>Children, young people, parents</p> 	<p><b><u>YoungMinds</u></b></p> <p>UK charity for children and young people's mental health. Their website contains lots of useful resources, support and help available to children, young people and their parents.</p> <p>Parent Helpline: 0808 802 5544 (Mon-Fri 9.30am-4pm)</p>	 <p>11-18 years</p> 	<p><b><u>Mind</u></b></p> <p>Provide <u>advice and support</u> to empower anyone experiencing a mental health problem.</p> <p>Phone: 0300 123 3393</p>







 <p>10-18 years</p> 	<p><b><u>Stable Life</u></b></p> <p>Stable Life offer a variety of programmes which provide a safe, nurturing and learning experience using the horse and its environment to engage with young people. Online referral from a variety of agencies or self-referral.</p> <p>Phone: 01750 32277, Email <a href="mailto:info@stablelife.org.uk">info@stablelife.org.uk</a></p>	 <p>16 years +</p> 	<p><b><u>SAMH – DBI Borders</u></b></p> <p>DBI – Distress Brief intervention works with individuals 16+ who are experiencing distress but do not need emergency support. It is a person-centred approach to encourage people to look at ways to self-manage; using tools and signposting to services that can offer longer term support, where required.</p> <p>Phone: <a href="tel:01896494025">01896 494025</a></p>	 	<p><b><u>Nature Unlimited</u></b></p> <p>Supporting wellbeing through person-centred activities in woodlands and other wild places, we aim to improve lives through meaningful and social activities in therapeutic natural environments, building resilient communities, connected to our beautiful natural resources</p> <p>Phone: <a href="tel:07579217794">07579 217794</a>, online contact form</p>
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Online Support Services					
 <p>11-18 years</p> 	<p><b><u>Kooth</u></b></p> <p>Kooth is a digital mental health and wellbeing service available to all 11-18 year olds with no referrals, waiting lists or thresholds to meet.</p>	 <p>16 years +</p> 	<p><b><u>Togetherall</u></b></p> <p>Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.</p> <p>Trained professionals are available 24/7 and there is a choice of safe therapeutic services, including online self-help courses.</p>	 <p>14 years +</p> 	<p><b><u>Silver Cloud</u></b></p> <p>CBT program for teens to manage anxiety. Self-guided with support of an online guide.</p> <p>Referral required from clinician.</p>

## Abuse and Trauma



  	<p><b><u>Children 1<sup>st</sup> – Borders</u></b></p> <p>Children 1st supports children in Scotland to live in safe, loving families and to build strong communities. As well as providing holistic family support and trauma recovery, they work with children, young people and their families to uphold and progress their rights and to strengthen and improve the systems that are there to support them.</p> <p>Parentline: 08000 28 22 33. Online chat service</p>	  <p>12 + years</p> 	<p><b><u>Scottish Borders Rape Crisis Centre</u></b></p> <p>Scottish Borders Rape Crisis Centre offers practical and emotional support and information to all women and girls over 12 years old in the Scottish Borders who have experienced rape or sexual violence at any time in their life. Services are LGBT inclusive.</p> <p>Phone: 01896 661 070, Email: <a href="mailto:support@sbrcc.org.uk">support@sbrcc.org.uk</a> National Helpline: 08088 01 03 02</p>	  <p>4-16 years old</p> 	<p><b><u>CEDAR</u></b></p> <p>Children Experiencing Domestic Abuse Recovery (CEDAR) is an innovative project for children and young people who may be experiencing difficulties as a consequence of domestic abuse.</p> <p>Provide a therapeutic 12-week group work programme for children aged from 4-16 years old.</p> <p>Phone: 01835 824000, Email: <a href="mailto:cedar@scotborders.gov.uk">cedar@scotborders.gov.uk</a></p>
  	<p><b><u>Beacon House</u></b></p> <p>With a special interest in working with those who have experienced trauma and loss, we are passionate about offering therapies in a way that enables people to rebuild their lives. We support individuals and teams to develop their trauma informed practice through training, supervision and consultation. Online resources.</p> <p><a href="mailto:admin@beaconhouse.org.uk">admin@beaconhouse.org.uk</a></p>	  <p>16 years +</p> 	<p><b><u>Survivors Unite</u></b></p> <p>We provide dedicated, skilled, compassionate and flexible sexual abuse recovery support to adult survivors of childhood sexual abuse in the Scottish Borders through the provision of the Safe Oaks Project.</p> <p>Phone: <a href="tel:07398286695">07398 286695</a>, email <a href="mailto:Projectcoordinator@survivorsunite.onmicrosoft.com">Projectcoordinator@survivorsunite.onmicrosoft.com</a> &amp; online contact form</p>	  	<p><b><u>Headway Borders</u></b></p> <p>We offer a relaxed atmosphere for peer support, where people who have survived Acquired Brain Injury, carers or family members looking for understanding, support or companionship.</p> <p>Phone: 07726560688, email <a href="mailto:info@headwayborders.com">info@headwayborders.com</a></p>







 	<p><u><a href="#">Kibble</a></u></p> <p>Kibble supports at risk children and young people across the UK. Many of the young people we care for have experienced significant trauma in their lives and Kibble offers dedicated care and support to help them move forward. This includes residential and community support, as well as dedicated schools and wellbeing services.</p> <p>Phone: 01418890044, email: <a href="mailto:referrals@kibble.org">referrals@kibble.org</a></p>	 	<p><u><a href="#">SBC Domestic abuse services</a></u></p> <p>Domestic abuse support services in the Scottish Borders.</p>		
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Bereavement					
 <p>Up to age 25</p> 	<p><a href="#"><u>Child Bereavement UK</u></a></p> <p>Support grieving children and families. Support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents/ wider family when a baby or child of any age dies or is dying.</p> <p>Support groups for families/ young people/ parents.</p> <p>Helpline: 0800 02 888 40</p> <p>Email: <a href="mailto:helpline@childbereavementuk.org"><u>helpline@childbereavementuk.org</u></a></p>	 <p>Childhood Bereavement Network</p> 	<p><a href="#"><u>Childhood Bereavement Network – via Macmillan</u></a></p> <p>A national, multi-professional federation of organisations and individuals working with bereaved children and young people. Support for a child or young person who has been bereaved, can be obtained by searching the online Directory of local and national 'open access' services from their website.</p> <p>Phone: 020 7843 6309, Email: <a href="mailto:cbn@ncb.org.uk"><u>cbn@ncb.org.uk</u></a></p>	 	<p><a href="#"><u>Winston's Wish</u></a></p> <p>Provides specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Expert teams offer one off and ongoing bereavement support and also provide online resources, specialist publications and training for professionals.</p> <p>Helpline: <a href="tel:0808802021"><u>08088 020 021</u></a>, Email: <a href="mailto:ask@winstonswish.org"><u>ask@winstonswish.org</u></a></p>
 	<p><a href="#"><u>Children who are Bereaved – NHS Scotland</u></a></p> <p>Advice and resources to help parents understand their child's bereavement</p>	 <p>Cruse Bereavement Care Scotland</p> 	<p><a href="#"><u>Cruse Scotland Bereavement Support</u></a></p> <p>A national service offering bereavement counselling, listening services, information, advice and training.</p> <p>Helpline: 0808 802 6161</p>		





Drugs and Alcohol					
 <p>Scottish Families Affected by Alcohol &amp; Drugs</p> 	<p><u><a href="#">Scottish Families Affected by Alcohol and Drugs</a></u></p> <p>We a national charity that supports <b>anyone</b> concerned about someone else’s alcohol or drug use</p> <p>Local support service.</p> <p>Helpline: 08080 10 10 11</p>	<p><b>we are withyou</b></p> <p>16 + years</p> 	<p><u><a href="#">We are with you</a></u></p> <p>Free and confidential support to people aged 16 years + who are worried about their own drinking or drug use, or someone else’s.</p> <p>Phone: <u><a href="tel:08000286664">0800 028 6664</a></u> &amp; Online chat service</p> <p>Galashiels office: <u><a href="tel:01896757843">01896 757843</a></u></p>	 <p>16 + years</p> 	<p><u><a href="#">Serendipity</a></u></p> <p>Recovery Network supporting community members in recovery from drug, alcohol, other addictions (gambling and eating disorders). Support through peer to peer recovery cafés held in Galashiels.</p> <p>Email: <u><a href="mailto:serendipity.rcn@gmail.com">serendipity.rcn@gmail.com</a></u></p>
 <p>16 years +</p> 	<p><u><a href="#">Borders In Recovery</a></u></p> <p>Borders In Recovery is a Lived Experience Recovery Community and a member of the Scottish Recovery Consortium. Recovery communities offer recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities.</p> <p>Email: <u><a href="mailto:community@bordersinrecovery.org">community@bordersinrecovery.org</a></u></p>				










Eating Disorders					
 	<p><a href="#">BEAT</a></p> <p>The UK's eating disorder charity.</p> <p>Support, helplines, 1:1 chatrooms and resources</p> <p>Helpline: <a href="tel:0808 801 0432">0808 801 0432</a></p>				





Employment Support / Money Advice / Homelessness					
 <p>16 + years</p> 	<p><a href="#">R-Evolve</a></p> <p>Offer training and skills (relating to bike and metalwork) aiming to increase employment prospects for young people in the Scottish Borders</p> <p>Referrals: Through pastoral/guidance teacher (school attenders). Contact through website for non-school attenders.</p> <p>Phone: <a href="tel:0131 208 1892">0131 208 1892</a></p>	 <p>16 – 25 years</p> 	<p><a href="#">Works+</a></p> <p>Employability project based in Galashiels, working mostly with unemployed young people aged 16-24. Also provide early intervention support to young people still attending school where required.</p> <p>Self-referral via website.</p> <p><a href="https://www.facebook.com/works.plus.scottishborders">https://www.facebook.com/works.plus.scottishborders</a></p> <p>Email: <a href="mailto:enquiries@worksplus.works">enquiries@worksplus.works</a></p>	 <p>16 – 25 years</p> 	<p><a href="#">The Young Person's Guarantee</a></p> <p>The Young Person's Guarantee is a commitment to bring together employers, partners and young people. It aims to connect every 16 to 24-year-old in Scotland to an opportunity. This could be a job, apprenticeship, further or higher education, training or volunteering.</p>

  	<p><b><u>CMA Hope Borders</u></b></p> <p>CMA Hope Borders exists to provide money advice and support to anybody with financial difficulties, irrespective of age, disability, sexual orientation, faith or ethnic background.</p> <p>Phone: 01743 341929, email <a href="mailto:info@communitymoneyadvice.com">info@communitymoneyadvice.com</a></p>	  	<p><b><u>SBC Homelessness Support</u></b></p> <p>If you are homeless or facing the threat of homelessness within the next two months, you must contact Homelessness Services and ask to speak to the duty officer.</p> <p>We have a responsibility to provide you with housing information, advice and assistance in accordance with the Housing (Scotland) Act 2001.</p> <p>Phone: <a href="tel:01896661385">01896 661385</a></p>		
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<b>LGBTQ+</b>					
  <p>13 – 25 years</p> 	<p><b><u>LGBT Youth Scotland</u></b></p> <p>Scotland's national charity for LGBTI young people, working with 13–25 year olds across the country offering support, information or advice.</p> <p>Email: <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a></p> <p>Online chat service</p>	  <p>13 – 25 years</p> 	<p><b><u>Involved</u></b></p> <p>The LGBT Youth Scotland group in the Scottish Borders for all LGBTQIA+ young people aged 13-25. Group meets every Wednesday 4.30pm-6.30pm.</p> <p>Referrals / self-referrals for 1:1 conversations.</p> <p>Email: <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a></p>		

Mediation / Relationship Support					
  	<p><b><u>Relationships Scotland</u></b></p> <p>Relationships Scotland's network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties.</p> <p>Phone: 01721 724170, Email: <a href="mailto:info@rsborders.org.uk">info@rsborders.org.uk</a></p>	  	<p><b><u>Family Journeys</u></b></p> <p>Family Journeys provide non-judgemental and affordable support for all families in crises from separation, especially when there is conflict. They help families recover by restoring strong family connections and help to create stronger attachments between children and their mums and dads through development of relationship skills.</p> <p>Phone: 0131 322 3863, Email: <a href="mailto:info@familyjourneys.scot">info@familyjourneys.scot</a></p>		















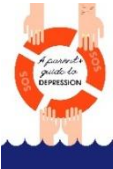






Self-harm					
  	<p><b><u>NHS Borders self-harm leaflet</u></b></p>	  	<p><b><u>The truth about self-harm (booklet)</u></b></p> <p>For young people, their friends and their families</p> <p>Information from the National Inquiry into self-harm among young people.</p>	 <p>13+ years</p> 	<p><b><u>Calm Harm (app)</u></b></p> <p>Self-harm app developed for teenage mental health. The app provides some immediate activities and techniques to help break the cycle of self-harm behaviour and explores underlying triggering factors.</p>

<b>Sleep</b>					
  	<p><a href="#">Sleep Scotland</a></p> <p>Sleep Scotland work with professionals, families and employers to promote healthy sleep for everyone. They provide work with professionals, families and employers to promote healthy sleep for everyone.</p> <p>Email: <a href="mailto:sleepsupport@sleepscotland.org">sleepsupport@sleepscotland.org</a> – email to arrange a call from a sleep advisor.</p>	  	<p><a href="#">Teen Sleep Hub</a></p> <p>Offer advice on how to sleep better, tips on tweaking routine or help to understand the science behind sleep patterns. A range of advice and resources for young people, teenagers and parents.</p> <p>Free e-books available for download</p>		

<b>Young Carers</b>					
  <p>7-18 years old</p>  	<p><a href="#">Action for Children – CHIMES</a></p> <p>CHIMES supports young carers who are providing care and support to parents, siblings, or a family member who has a physical or mental health illness/disability, or substance use issue.</p> <p>Phone: 01896 750173, Email: <a href="mailto:ask.us@actionforchildren.org.uk">ask.us@actionforchildren.org.uk</a></p>	  <p>18 – 25 years</p>  	<p><a href="#">Borders Carers Centre</a></p> <p>Offer support to Young Adult Carers (aged 18-25 years) to access Carers Support Plan and mental health support, advice and advocacy. They also source 'time out' opportunities where required.</p> <p>Phone: 01896 752431, Email: <a href="mailto:admin@borderscarers.co.uk">admin@borderscarers.co.uk</a></p>		

Youth Groups					
 <p>Stepping Stones</p> <p>10 – 18 years</p> 	<p><u><a href="#">Stepping Stones</a></u></p> <p>A partnership youth work project that supports young people in the Scottish Borders, with the aim of improving emotional health and wellbeing, and life chances.</p> <p>Project Workers support young people to develop skills through non-formal education activities within a universal youth work setting.</p> <p>Phone: 01896 808 968</p>	 <p>11 – 18 years (P7- S6)</p> 	<p><u><a href="#">Beyond Earlston</a></u></p> <p>A charity based in the Scottish Borders providing a variety of activities (within catchment area) to young people irrespective of gender or ability.</p> <p>Phone: 07522513728 Email: <a href="mailto:admin@beyondearlston.org.uk">admin@beyondearlston.org.uk</a></p>	 <p>8 – 18 years</p> 	<p><u><a href="#">Cheviot Youth</a></u></p> <p>Cheviot Youth runs a range of clubs and drop-ins throughout the Cheviot area. At the moment we run youth work activities at these drop-ins and clubs in Ancrum, Jedburgh, Kelso and Yetholm</p> <p>Email: <a href="mailto:info@cheviotyouth.co.uk">info@cheviotyouth.co.uk</a></p>
 <p>8 – 18 years</p> 	<p><u><a href="#">Escape Youth Services</a></u></p> <p>Escape is a drop-in facility for young people in Hawick and the surrounding area providing a safe and fun environment for young people to meet, creating opportunities and supporting development. They offer a wide variety of activities including creative media, games, sports, music, arts, baking and cooking, interest groups, issue-based sessions, excursions and residential.</p> <p>Phone: 01450 378001</p>	 <p>11 – 25 years</p> 	<p><u><a href="#">TD1 Youth Hub</a></u></p> <p>TD1 Youth Hub provide community-based youth work opportunities to young people aged 11-25 years in Galashiels. They deliver a range of opportunities including drop-ins, 1-1 work, young parents support, street work, transitions support, and school-based youth work.</p> <p>Phone: 01896 752 442</p>	 <p>12 – 18 years</p> 	<p><u><a href="#">Rowlands</a></u></p> <p>Rowlands is a youth project based in Selkirk which is open 6 days a week. They provide a variety of group work, fun and drop-in sessions throughout the year for young people in a safe environment where all young people irrespective of gender or ability can participate.</p> <p>Phone: 01750 21222</p>



Parent Resources					
 	<p><b><u>Parent Space</u></b></p> <p>Parent Space is a local charity that offers courses and workshops to help supports parents, to come together, to build a network of knowledge.</p>	 	<p><b><u>Solihull Parenting Approach</u></b></p> <p>A wide range of online courses and resources available to parents to help support emotional health and wellbeing in children and families.</p> <p>Access code: tartan</p>	 	<p><b><u>HandsOn</u></b></p> <p>A website for parents, carers and those who work with young people, providing help and advice for supporting children and young people's mental health and emotional wellbeing.</p>
 	<p><b><u>The Anxious Child</u></b></p> <p>A booklet for parents wanting to know more about anxiety in children and young people</p>	 	<p><b><u>MindED Hub</u></b></p> <p>Advice and information from experts to help understand problems that occur, how to best support your family, and how to take care of yourself.</p>	 	<p><b><u>Children 1<sup>st</sup> Parentline</u></b></p> <p>Provides advice and support to parents who may be struggling.</p> <p>Helpline: 08000 28 22 33, Online webchat</p>
 	<p><b><u>Moodcafe</u></b></p> <p>A guide for parents and carers about anxiety in children and young people</p>	 	<p><b><u>A parent guide to depression</u></b></p> <p>Pdf with advice and guidance about depression</p>	 	<p><b><u>Helping your child with fears and worries</u></b></p> <p>Cathy Creswell's great self-guided book for parents to understand and manage anxiety .</p>
	<p><b><u>Parent Guide for coping with self-harm</u></b></p> <p>Pdf with advice and guidance for parents whose child is self-harming .</p>				

## Neurodevelopmental Supports



5+  
8+ HAC



### Aberlour Options

Services that offer a variety of flexible support options for children and young people with physical and learning disabilities, including ASD.

Offer in house respite, holiday activity club (HAC), weekend activity club (WAC), adventure weekends away.

Tel: 01896 754 003

Email:

[Options.borders@aberlour.org.uk](mailto:Options.borders@aberlour.org.uk)



Number 6

16+



### Autism Initiatives

Helps individuals and families learn methods to cope with Autism through skill development and personal growth.

Tel: 01896 755820

Address: 54 Ladhope Vale, Galashiels, TD1 1BT

### Number 6

A service part of Autism Initiatives providing free social opportunities and 1-1 advice and support on a range of issues for adults with high functioning Autism and Asperger's syndrome in Lothian and Scottish Borders.

Accept self-referrals and third-party referrals.

Tel: 07570 953 331

Email :

[number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

<https://www.facebook.com/Number6OSS/>



0-24 years old

















### BANG (Borders Additional Needs Group)

BANG is an outreach service for parents, young carers and disabled children with rare, complex and additional needs. Membership is free and open to any family living in the Scottish Borders with a child post or pre-diagnosis from the ages of 0-24. Our meetings and activities are for the whole family unit; parents, carers, siblings and grandparents.

<https://www.facebook.com/BordersAdditionalNeedsGroup/>



	<p><b>CHAD</b></p> <p>The CHAD team is part of SBC and work with:</p> <ul style="list-style-type: none"> <li>-Children or young people who have complex needs and an ensuring disability and/ or chronic health/ life limiting condition, which has a substantial impact on their wellbeing and that of their family and</li> <li>-Education, health and social work services are required to maintain the child or young person safely within their family and community.</li> </ul> <p>Call 01896 662787 to make a referral.</p>	 <p>8+</p> 	<p><u><a href="#">Interest Link</a></u></p> <p>Provide a wide range of volunteer befriending support for people with learning disabilities ages 8+ and young people with autism aged 8-25, in the Scottish Borders. Support included 1:1 friendship, social groups and distance contact.</p> <p>Online contact form</p>	 	<p><u><a href="#">The Learning Space</a></u></p> <p>Offer learning and development experiences for young people who are experiencing barriers, difficulties and challenges academically, socially and emotionally and support their mental wellbeing, development and growth.</p> <p>Phone: 07899 841246</p>
 	<p><u><a href="#">Meeting of Minds</a></u></p> <p>A voluntary parent led support group, supporting households living with additional support needs.</p> <p><a href="https://www.facebook.com/meetingofmindsscot/">https://www.facebook.com/meetingofmindsscot/</a></p>	 	<p><u><a href="#">ADDISS</a></u></p> <p>They provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.</p> <p>Phone: 020 8952 2800</p>	 	<p><u><a href="#">ADHD Foundation</a></u></p> <p>The ADHD foundation offer a wide range of resources for parents, as well as CYPs on ADHD.</p> <p>Phone: 0151 541 9020 Email: <a href="mailto:info@adhdfoundation.org.uk">info@adhdfoundation.org.uk</a></p>

  	<p><a href="#">Autism Initiatives Outreach</a></p> <p>This service provides a personalised outreach service ranging from a small service to full time. It can support with social activities, higher/further education, leading an active lifestyle, leisure activities, work or occupational activities and increasing a persons independence.</p>	  	<p><a href="#">The UK ADHD Partnership</a></p> <p>They aim to support clinicians and allied professionals to identify and meet the needs of children and young people affected by this disorder. ADHD is now recognised as a condition that may cross the lifespan and there are multi-modal interventions for ADHD that can be delivered at every age.</p>	  	<p><a href="#">SWAN - Scottish Women's Autism Network</a></p> <p>SWAN aims to improve the lives of autistic girls and women, actively seek and widely promote a greater understanding of the lived experiences of autistic women and girls and provide peer-support.</p>
  <p>5 – 19 yrs</p>  	<p><a href="#">Scottish Autism</a></p> <p>Scottish Autism provides support for children and young people aged 5 to 19 through individualised outreach support, our respite and short breaks service and our education service. They take the time to build up an understanding of each young person, taking into account their processing and thinking style and maximising their learning potential.</p> <p>Telephone: 01259 222022</p>	  	<p><a href="#">NAIT   ThirdSpace</a></p> <p>The NAIT Team are professionals from Education, Speech and Language Therapy, Occupational Therapy and Psychiatry, who have considerable experience and expertise in working with autistic individuals of all ages, their families and others who support them. NAIT provide practitioner to practitioner advice.</p> <p>E-mail: <a href="mailto:Nait@gmu.ac.uk">Nait@gmu.ac.uk</a></p>	  	<p><a href="#">Autism Toolbox</a></p> <p>The Autism Toolbox is a free online resource developed to support the inclusion of autistic learners in Scottish Early Learning and Childcare settings, Primary and Secondary schools.</p>



[Ambitious about Autism](#)

They have a rapidly growing online Ambitious Youth Network to enable more autistic young people to have their voices heard. Through the network, autistic young people between the ages of 16 to 25 can share experiences, connect with others, have their say on Ambitious about Autism’s projects as well as access a range of opportunities to advocate and improve services for autistic young people. Additionally, there are numerous resources for parents/carers and children.

Email: [info@ambitiousaboutautism.org.uk](mailto:info@ambitiousaboutautism.org.uk)  
Telephone: 020 8815 5444



[The Autism Network](#)

The Autism Network is a collective of independent professionals with a background in working with autistic and neurodiverse people. Each member is available for individually contracted work and the services each member can provide are detailed on their page. If you are not sure which member of the team is the best fit for your needs, contact us and we will get back to you to discuss with you how we can help.



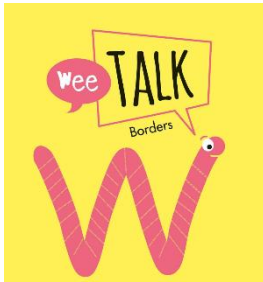
## NHS Specific Services



### Occupational Therapy Service

A page to allow sharing and promotion of Occupational Therapy information within the Scottish Borders, specific to children and young people.

<https://www.facebook.com/CYPOTNHSBorders/>



### Wee Talk Borders

NHS Borders Children's Speech and Language Therapy Services with ideas for activities and resources.

<https://www.facebook.com/weetalkBorders/>



Other



[West Lothian Childrens Services Plan 2017-2020.](#)

This PDF underpins the national programmes of the Curriculum for Excellence and Getting It Right For Every Child with desired outcomes that all children become successful learners, confident individuals, effective contributors and responsible citizens through being safe, nurtured, healthy, active, included, achieving, respected and responsible.



12 – 15 yrs



[Partners In Advocacy](#)

They provide independent advocacy to children and young people who are living with mental health issues, additional support needs and learning disabilities. They are Scotland-wide and support children aged 12-15 to have their views considered when decisions are being made about the support they get with their learning.



14 – 25 yrs



[Compass Scotland](#)

Compass is for parents and carers of all young people in Scotland who need support as they make the transition to young adult life. Compass can help if your young person is 14-25 yrs and has any additional support needs (e.g. disability, physical or mental health disabilities) or experience of care (young carer/care experienced).