

# Supporting Wellbeing

## ***Our Minds Matter***

The emotional wellbeing of our young people matters.

It's normal for young people to face emotional challenges growing up and their mental health is as important as their general physical health and wellbeing.

We recognise that everyone has a role to play in supporting young people to keep emotionally well and thinking about what might help when someone needs additional support with their mental health. We think it's important to think about what we do in a flexible way, with different layers of support and action from different people and services.

You can find out more by [clicking here](#).

There are five key ways of keeping emotionally well. [Click here](#) to find out more about some simple things we can all do to make a difference.

## ***HandsOn***

The HandsOn website (below) provides help and practical advice for supporting children and young people's mental health and emotional wellbeing. This website is for parents, carers and people who work with children and young people in Fife.

<https://www.handsonscotland.co.uk/>

## ***Fife's Educational Psychology Service (EPS)***

Fife's Educational Psychology Service (EPS) provide assessment, consultation and advice to schools and parents about children's wellbeing, learning and behaviour. [Click here](#) for more details.

## ***Anna Freud National Centre for Children and Families***

You may find these leaflets from the Anna Freud National Centre for Children and Families useful when talking about mental health with your child.

[You're never too young to talk mental health](#)

[Talking mental health with young people in secondary school](#)

## ***Solihull Approach Parenting Courses***

Solihull Approach Parenting Courses is free for all to access online. The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships and helping us to understand young people's behaviours in a non-judgemental way - developing the most appropriate responses.

You can access the course at: <https://inourplace.heiapply.com/online-learning/>

Type in the code TARTAN.

