

THRIVING

Thriving describes those whose current need is support to maintain mental wellbeing through effective prevention and promotion strategies.

Therefore, these training opportunities and resources are universal and apply to all of our staff for supporting all of our children and young people.

GETTING ADVICE

Those who need advice and signposting.

These training opportunities and resources may be best suited to Senior Management, Guidance staff, ASN staff and others who directly support C&YP around change and loss.

GETTING HELP

Some children and young people require more focused goals based input, or more extensive and specialised goals.

Training and resources in this section are for those working in similar roles to those above, who are supported to deliver goals based interventions.

- Remember to use the 5 Questions to help you to consider the right support at the right time for children, young people and their families.
- Use www.clbhighland.com and sign up to the blog for updates
- Utilise consultation time with your Educational Psychologist and/or PMHW
- Remember that children site having one trusted adult as being all the support they need time and time again. Having all staff trained at an awareness raising level will benefit a large number of our C&YP and allow them to thrive.
- Our [book list](#) is updated regularly, having books in your setting normalises change & loss.
- Be aware of the [Tragic Events](#) guidance and use it when required.
- Remember if you need to speak to someone you can contact the [Just Ask](#) helpline.