

Our Projects

Supporting young people's
mental health and wellbeing



stv
children's
appeal

Children and young people's mental health and wellbeing has been seriously affected by the pandemic. For the one in four children living in poverty in Scotland, the impact has been even more acutely felt.

The STV Children's Appeal has been working closely with a whole range of organisations working in this space to understand where the need is greatest, ensuring every single pound donated goes to supporting the children and families that need it most. We do this in communities right across Scotland.

Now more than ever, it's crucial that Scotland's young people are provided with opportunities to feel engaged, connected and, most importantly, hopeful. That's why **STV Children's Appeal has distributed over £150,000 to fund vital services** from counselling sessions and peer support groups to local projects which give children access to sports, art, outdoors, music and other means of essential peer-to-peer connection, of which they might otherwise be deprived.



We are delighted that the STV Children's Appeal has awarded this grant, which will allow us to help children and young people who experience poverty and suffer from mental health issues, and will ensure emotional support sits at the heart of the community.

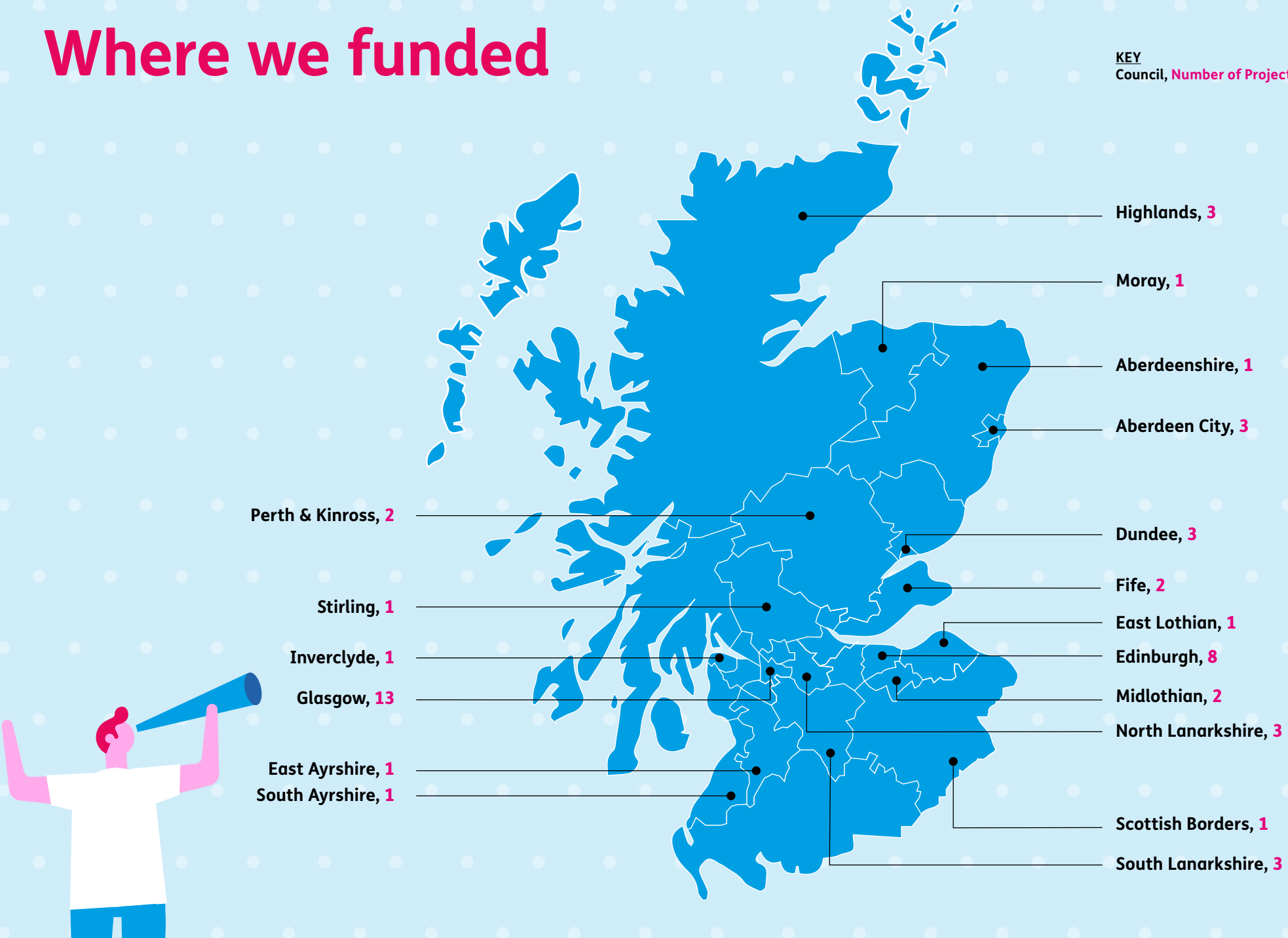
The children and young people we work with are further compounded by living in economically-challenging situations. This money will support us in continuing to enable them to express their distress in a safe, confidential environment, and to learn to find ways to build resilience to enable them to manage their life situations.

Wellspring



Where we funded

KEY
Council, Number of Projects





Greenock,
Inverclyde

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We're extremely grateful to the STV Children's Appeal for this fantastic donation. The money will provide much-needed mental health support to a growing number of children and young people in Inverclyde affected during lockdown by anxiety, trauma, self-harming, suicidal thoughts, grief and loss, poor self-esteem, domestic violence, and the challenges of being a young carer.

Our specialist play therapy and young people's counselling will help them make sense of their world, and heal and recover as they make their way back to an improved daily life and wellbeing.

Sandra Boyle
Mind Mosaic Child and Family Therapies (received £15k grant)

Projects we funded



Glasgow

Aberdeen

- Mental Health Aberdeen
- Music 4 U
- Avenue Confidential

Aberdeenshire

- Kayleigh's Wee Stars

Dundee

- Boomerang Community Centre
- Hear My Music
- Hot Chocolate Trust

East Ayrshire

- East Ayrshire Carers

East Lothian

- Can-Do

Edinburgh

- Broomhouse Centre
- Canongate Youth Project
- Children's Health
- Goodtrees Neighbourhood Centre

- LGBT Youth Scotland
- Multi Cultural Family Base
- SCOREscotland
- Wellspring Ltd

Fife

- Nourish Support Centre
- Pass it on Peeps

Glasgow

- With Kids
- Baltic Street Adventure Playground
- ConFab
- Crossroads Youth & Community Association
- LoveMilton
- Move On Ltd
- Neil's Wheels
- Rosemount Lifelong Learning
- Samuel's Smile
- South West Arts & Music Project
- The Jeely Piece Club



We were absolutely delighted to receive £2000 from the STV Children's Appeal. Donations are vital to the ongoing work our organisation does to support the emotional wellbeing of children and families, and all the benefits we see lets us know the work we're doing is worthwhile.

We have had a big increase in demand for our Play Therapy services and this money will help us provide new Play Therapists with all the equipment and play kits they need to start supporting children in need. A huge thank you to the Appeal for the support – we couldn't do what we do without it.

Gwen Galbraith
With Kids

Glasgow (cont.)

- The Junction – Young People, Health & Wellbeing
- Young Peoples Future

Highlands

- Merkinch Partnership Ltd
- Calman Trust Ltd
- Relationships Scotland – Family Mediation Highland

Inverclyde

- Mind Mosaic Child and Family Therapies

Midlothian

- Midlothian Young Peoples Advice Service (MYPAS)
- Play Therapy Base Co-operative Limited

Moray

- Abbie's Sparkle Foundation

North Lanarkshire

- Elutheria The Safety Zone
- Getting Better Together Ltd
- The Miracle Foundation

Perth & Kinross

- Mind Space
- RASAC Perth & Kinross

Scottish Borders

- Stable Life

South Ayrshire

- Aoife's Sensory Bus

South Lanarkshire

- Darcy's Equine Assisted Learning Centre CIC
- Focus Youth Project
- Healthy n Happy

Stirling

- Support for Families (S4F)

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Mindspace Counselling Service provides a safe space for young people to talk about and explore any thoughts, feelings and issues that are causing them distress. We are delighted to have received this award from the STV Children's Appeal. Young people have been hit hard by the circumstances of the past year, so this vital funding will allow us to support those aged 11-25 throughout Perth and Kinross to improve their emotional well-being and increase their resilience and self-confidence.

Naomi Partridge, Senior Counsellor
Mindspace





Throughout the pandemic, so many young people have told us how much they've appreciated our consistent and creative approaches to keeping them connected with, and supported by, the community. In the words of one young person: 'Nothing stops Hot Chocolate. We could go into a nuclear bomb site and Hot Chocolate would still ask: Are you up for a Zoom?'

This funding from the STV Children's Appeal allows us to keep collaborating with young people and develop positive opportunities to promote their mental health and wellbeing.

Charis Robertson
Hot Chocolate Trust





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