

Our future plans: Mental Health

Includem currently provides mental health specific support services in Fife and South Lanarkshire!

Our teams work with CAMHS, specialist and universal community supports to provide a collaborative complementary tier 1 & tier 2 supports in mental health.

From this experience we know there are currently gaps in the provision of holistic mental health and wellbeing support:

- Support needs to be delivered at the right time spanning the gap between specialist support, family, and community
- Support which identifies needs as early as possible to avoid bigger concerns or problems developing
- There is a need to address existing underlying causes of trauma and reducing the need for children and young people to access specialist services
- We must build capacity of parents to support children and young people's needs and to access support for their own mental health needs

We must explore mental health support models and services providing effective early intervention that take a whole-system approach. These models/services would work collaboratively with partners – addressing any underlying trauma and providing a holistic support within the context of children and young people's whole lives. Our services would provide a seamless pathway through these supports and be informed by the views and participation of those we support.

[Read our Chief Executive's Blog Post on Mental Health](#)

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