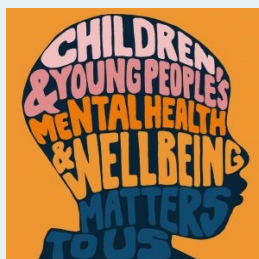


Making Referrals



We want to ensure that anyone who needs support, gets it at the right time.

- * Our Friends Resilience and Blues programmes are accessed via Schools across Moray.
- * Our Whole family Wellbeing Support Service can be accessed by making a referral to MASH.
- * Our community drop in sessions and workshops can be accessed via Eventbrite from our website.
- * Email us at sonas@actionforchildren.org.uk for access to our digital support toolkits and Lumi Nova Game.



COVID-19



We are working to the most up-to-date guidelines, including regular testing of staff, hand washing and sanitizing and wearing of face coverings where necessary.

Where to Find Us

Moray Sonas Wellbeing Service has local access points at schools and in the community. Our main office is based at Winchester House, 1 King Street, Elgin adjacent to Cooper Park and Elgin Cathedral.



Contact Us

Tel: 01343 549557

Email: sonas@actionforchildren.org.uk

Website:

<https://services.actionforchildren.org.uk/moray-sonas-wellbeing-service/>



Welcome
to Moray
Sonas
Wellbeing
Service



What is Moray Sonas Wellbeing Service?



We are an exciting, new and innovative service for children, young people and families in Moray. We aim to provide a range of interventions and supports that are targeted to improve mental health and wellbeing of children, young people and families.

We use accredited evidence based programmes alongside family support providing for a diverse range of needs. We work to make sure every child and young person has the love, support and opportunity they need to reach their full potential.

For further information or to refer a child or young person please email the below address.

sonas@actionforchildren.org.uk

<https://services.actionforchildren.org.uk/moray-sonas-wellbeing-service/>



We make a difference by building positive and trusting relationships with children, young people, families & carers.

Moray Sonas Wellbeing Service includes



- * Local Website with resources, information and contacts.
- * Local Wellbeing freephone number provided to families to get access to local staff evenings and weekends.
- * Can't talk, write-digital tool kit for wellbeing.
- * Blues App 24-7-access to resources, exercises, tasks and mood diaries.
- * Digital gaming- Lumi Nova 'Tales of Courage' games with BFB Labs for age 7-12 that helps to build self worth and tackle anxiety through gaming.
- * Build Sound Minds digital platform resources & information for parents/carers TalkTime drop ins with advice and guidance.
- * Bounce Back - wellbeing sessions.
- * Decider Skills for family resilience.
- * Looking After Me - toolkit for life.
- * Friends Resilience Programme in Schools.
- * Blues Programme in Schools
- * Parental Blues Approach Workshop.
- * Life Coaching with Revolution for Good.
- * Peer Support from our Young Person Assistant

