

Referral Process

We accept referrals from voluntary and statutory services as well as directly from parents/carers or young people over the age of 16 years old. We accept referrals by email, phone or via our website.

We ask that if a child is referred, they should be aware of and agree to the referral. Upon making a referral, we aim to contact the referrer or parent/carer within 7 to 10 working days.

Primary and Secondary schools can contact us directly via phone or email to make enquiries or bookings for contracted services.

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Tell the world about The Miracle Foundation and the life saving therapies.



Hello there!

At The Miracle Foundation SCIO, we believe that every Child should be able to reach their full life potential.

Based in Motherwell town centre, we aim to facilitate early intervention and support Children and Young People who have experienced bereavement and trauma throughout Lanarkshire.

We provide a safe space for young people to recover and restore their Mental and Emotional Health and Wellbeing by means of Counselling, Art Therapy and Mental Health services; helping them develop healthy coping mechanisms, build resilience, and instil a hope for the future.



#Keep The Promise

Get in touch

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REGISTERED CHARITY NO: SC049840



THE MIRACLE

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Resources

Anxiety

Anxiety gives us energy to deal with a current threat or challenge. It is like fear however sometimes when we feel anxious, we are unclear about what or why we feel this way.

With fear we are usually aware of what we are scared of e.g., fear of heights. It may be that we are anxious about something in the future like if we will pass our exams or meeting new people.

Although feeling anxious can be uncomfortable we do need this emotion at some level so we can be aware of potential threats or challenges and think about how to overcome them.

Depression

Depression is when sadness and low mood does not go away, it can feel like a dark cloud is hanging over you all the time and it can feel like you are being flooded with a lot of emotions at the same time. It can make each day very difficult.

Getting up, going to school, or doing tasks can seem hard to do. It can be difficult to take part in activities you used to enjoy. You might feel completely alone.

Suicide

Sometimes people can feel depressed, very sad or down and these feelings can become strong. It might be difficult to know what to do to help you feel better.

You might think that your only choice is to end your life. However, there is hope and people who can support you to feel better.

Sharing how you are feeling with someone can help you to feel less on your own and that it is possible you can feel better. Often after people take the step to talk with someone they start to feel better.

Bullying

While there is no legal definition for bullying, the UK Government define bullying as behaviour that is 'repeated and intended to hurt someone either physically or emotionally.'

Bullying is often aimed at certain people because they may appear different. This can include someone's race, religion, gender, appearance, or disability.

Bullying can happen in many different ways and can affect anyone and happen anywhere, including school, work, at home or in the community.

Scan me!



For full resources

Trauma

At any age, we can experience stressful or distressing events, and this can be referred to as experiencing trauma.

We all will react differently, and we may react immediately or sometime after, but trauma can cause long-lasting harm, e.g. PTSD.

Self-Harm

Self-harm is when someone hurts themselves as a way of dealing with different things going on in their lives. Situations can be but not limited to, school/work pressures, stress, strain/breakdown in relationships, physical/sexual/emotional abuse, sexuality, bullying, peer pressure or bereavement.

These can cause painful thoughts, memories, and difficult feelings that can be hard to deal with and feel like you are being flooded with lots of emotions at the same time.