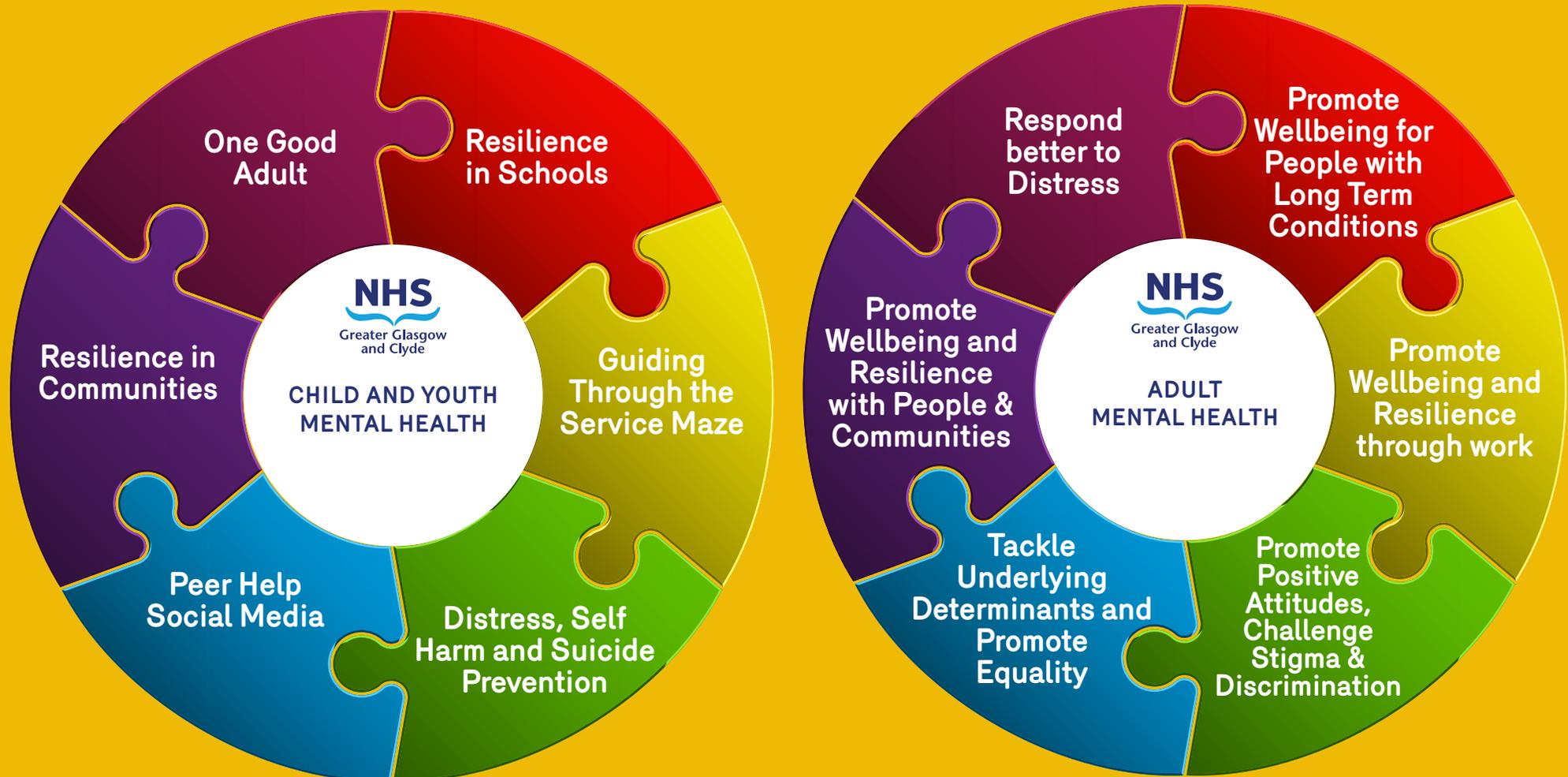


Mental Health Improvement Prevention and Early Intervention Training and Capacity Building Pathway



Organisations, staff and volunteers are confident and supported to embed mental health improvement within their practice and are equipped to provide support for people in situations of distress, including self harm and risk of suicide.

Introduction

The vision for the Mental Health Strategy for Scotland is one where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma. The World Health Organisation¹ define mental health as:

“A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

Mental health is everyone’s business. It is estimated that 1 in 4 adults², 1 in 10 young people will experience a mental health problem in any given year³.

The pathway has been structured to reflect national training frameworks such as the NHS Education for Scotland Perinatal Mental Health Curricular and Transforming Psychological Trauma Knowledge Frameworks which aim to capture the learning needs of the workforce across disciplines and agencies. It is intended for use by workers, volunteers and anyone with an interest in mental health to help them understand the knowledge and skills expected of them. Managers and supervisors, to identify and explore staff strengths and address any gaps in staff knowledge and skills and organisations to ensure their staff have the necessary knowledge and skills to support the public mental health agenda.

The focus of this pathway is prevention and early intervention therefore the levels identified are informed and skilled.

Levels

Informed	Baseline knowledge and skills required by all staff working in health, social care and third sector settings. (All staff)
Skilled	Knowledge and skills required by staff who have direct and/or substantial contact with individuals at risk of self harm and/or suicide)
Enhanced	Knowledge and skills required by staff who have more regular and intense contact with those who may be at risk of/affected by mental ill health
Specialist	Knowledge and skills required by staff who, by virtue of their role and practice setting, provide an expert specialist role in the assessment, care, treatment and support of those affected by mental health ill health. They will often have leadership roles in education, training and service co-ordination and development. (Staff working within specialist mental health services)

1. World Health Organisation (2004)
2. Source: Public Health Priorities for Scotland, Scottish Government 2018
3. Source: Children and young people’s mental health: the facts, Centre of Mental Health 2018

Informed

Course	Duration	Details	Who delivers this	Access
Healthy Minds	1.5 hours per session	An awareness raising resource to support implementation of the NHSGG&C mental health improvement frameworks. It aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. There are 14 sessions to choose from.	Anyone with an interest in mental health can deliver on this resource. Each topic comes with session plan, powerpoint, facilitator's notes and supporting resources.	https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/
Understanding mental health	6 sections to complete	An introduction to mental health for people with no or very little knowledge. It offers a broad overview of the area of mental health improvements from promoting positive mental health to recovery from mental health problems.	E learning	www.northlanmindset.org.uk to register and complete the module.
Understanding self harm	6 sections to complete	An introduction to self harm for people with no or very little knowledge. It offers a broad overview of the area of self harm and how those who use self harm as a coping strategy can be supported.	E learning	www.selfharmlifelines.org.uk to register and complete the module.
Understanding Maternal Mental Health	1.5 hours	Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identifies risk and protective factors for mental ill health and explores current evidence about prescribing in pregnancy and during breastfeeding.	E learning	http://www.knowledge.scot.nhs.uk/maternal-health/learning/maternal-mental-health.aspx
Maternal Mental Health: the woman's journey	2.5 hours	This module takes the learner through the woman's journey from pre-conception to the postnatal year. The learner is encouraged to understand their own role in promoting and supporting a woman's mental health in the context of coordinated multi-agency care.	E learning	http://www.knowledge.scot.nhs.uk/maternal-health/learning/maternal-mental-health.aspx
Suicide Talk	1.5 hours	Invites all participants—regardless of prior training or experience—to become more aware of suicide prevention opportunities in their community.	Contact the NHSGGC Learning and Education Department	Christine.Carleton@ggc.scot.nhs.uk
Ask, Tell, Save a Life: Every Life Matters Ask, Tell, Have a Healthy Conversation Ask, Tell, Look After You Mental Health	N/A	The online animations created aim to raise awareness of the issues that affect people and that can lead those in distress to sometimes think about taking their own life. They're also designed to increase the confidence of healthcare staff to respond compassionately and effectively to support anyone in that situation.	Online	http://www.healthscotland.scot/news/2019/may/new-mental-health-and-suicide-prevention-resources-launched
Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People Opening Doors: Trauma Informed Practice for the Workforce	N/A	NES have developed two animations to raise awareness of how trauma can impact on people. They are also designed to increase confidence of staff working across a variety of settings.	Online	Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People. https://vimeo.com/334642616 Opening Doors: Trauma Informed Practice for the Workforce. Trauma is everybody's business. https://vimeo.com/274703693

Skilled

Course	Duration	Details	Who delivers this	Access
Scottish Mental Health First Aid (Young People)	14 hours blended learning	Aims to better understand mental health, how it affects young people, and to learn mental health first aid skills. After completing the training, participants will be able to, recognise the signs of mental distress in a young person, provide initial support and guide a young person towards appropriate help.	Contact the NHSGGC Mental Health Improvement Team	Michelle.guthrie@ggc.scot.nhs.uk Jane.Kelly3@ggc.scot.nhs.uk Heather.Sloan@ggc.scot.nhs.uk
Scottish Mental Health First Aid (Adult)	12 hours	Offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.	Contact the NHSGGC Mental Health Improvement Team	Michelle.guthrie@ggc.scot.nhs.uk Jane.Kelly3@ggc.scot.nhs.uk Heather.Sloan@ggc.scot.nhs.uk
Safe Talk	Half day (4 hours)	Aimed at giving participants the skills to recognise that someone may be suicidal and connect the person to someone with suicide intervention skills.	Contact the NHSGGC Learning and Education Department	Christine.Carleton@ggc.scot.nhs.uk
What's the Harm? Self harm awareness and skills training	1 day	Seeks to standardise understanding of and responses to self harm when used as a coping mechanism. The training helps to dispel the myths about self harm and equip participants to support people who self harm.	Contact the NHSGGC Mental Health Improvement Team	Michelle.guthrie@ggc.scot.nhs.uk Jane.Kelly3@ggc.scot.nhs.uk Heather.Sloan@ggc.scot.nhs.uk
Applied Suicide Intervention Skills Training	2 days	In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid. An intensive, interactive and practice dominated course aimed at enabling people to spot the risk of suicide and provide immediate help to persons at risk.	NHSGGC Learning and Education Department	Christine.Carleton@ggc.scot.nhs.uk

Child and Youth Mental Health Resources

Theme	Name of Resource	Description	How to access
One Good Adult	One Good Adult	A resource clip developed in partnership with Glasgow HSCP, NHSGG&C Mental Health Improvement Team and SWAMP to highlight the one good adult concept in protecting, promoting and support young peoples mental health.	https://www.youtube.com/watch?v=nuEHX-TQNE-k
Resilience Development in Schools	On Edge: Learning About Self Harm	A pack produced by NHS Greater Glasgow and Clyde to help teachers and other practitioners learn more about self harm and support available.	https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/
	Samaritans Developing Emotional Awareness and Listening (DEAL) programme.	A free teaching resource aimed at students aged approximately 14 and over and inclusive of all abilities and learning styles. It has been developed by Samaritans in consultation with young people and schools across the UK and Republic of Ireland.	https://www.samaritans.org/your-community/samaritans-education/deal-developing-emotional-awareness-and-listening
	What's on your mind?	A teaching pack about building young peoples' confidence, understanding stigma and discrimination and taking action.	www.seemescotland.org/young-people/whats-on-your-mind/
	Positive Mental Attitudes	This resource provides a structured approach to support teachers and other practitioners to engage with young people about mental health issues. The lessons can be used individually but together aim to provide a whole school approach to mental health education.	http://mindreel.org.uk/video/positive-mental-attitudes-%e2%80%93-schools-curriculum-pack
	Let's Talk About Mental Health	Developed by Quarriers this resource pack aims to improve mental health knowledge and awareness with the long term aim of removing taboo of speaking about mental health and helping end stigma.	https://quarriers.org.uk/mentalhealth/
	A whole school approach to loss and bereavement	A toolkit to help teachers and other professionals support children and young people during times of loss, change and bereavement.	https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/
Resilience Development in Communities	Resilience Toolkit	This Resilience Toolkit provides practical guidance in promoting and developing resilience in young people.	https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/
	Hands on Scotland	This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.	http://handsonscotland.co.uk/
Peer Help and Social Media	Aye Mind	Digital platform to improve the mental health and wellbeing of young people aged 13-21 – by making better use of the internet, social media and mobile technologies.	http://ayemind.com/
	Allsorts	A simple guide to digital and social media.	http://www.allsortsyouth.org.uk/resources/other-publications
Body Image	The Dove Self Esteem Project	Offers a range of resources to promote positive body confidence and self esteem.	https://www.dove.com/uk/dove-self-esteem-project.html#!
Loss and Grief	NHSGG&C Bereavement Services and Resources	Provides information on NHSGG&C bereavement services and resources and details of other local and national services and resources.	http://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/# http://www.sad.scot.nhs.uk/bereavement/
	Cruse Scotland	Promotes the wellbeing of bereaved people and offers support to anyone experiencing bereavement to help them understand their grief and cope with their loss.	http://www.crusescotland.org.uk/
	Childhood Bereavement UK	Supports families and educates professionals when a child of any ages dies, or is dying or when a child is facing bereavement.	https://childbereavementuk.org/
Sleep	Mood Juice	Provides information on sleep problems and how to learn skills to cope with them.	http://www.moodjuice.scot.nhs.uk/SleepProblems.asp
	Wellbeing Glasgow	Downloadable self help booklet to help those with trouble sleeping.	http://wellbeing-glasgow.org.uk/trouble-sleeping/
Long term conditions	NHS inform	Scotland's national health information service. Provides accurate and relevant information on long term health conditions to help people make informed decisions about their own health and the health of the people they care for.	https://www.nhsinform.scot/
Loneliness and Isolation	Mind	Provides information on what loneliness is, gives practical suggestions and where to go for support.	https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/
Helplines	Childline	Offers free and confidential supporting on the phone, online and from our CYP on message boards.	Free phone 0800 11 11
	Samaritans	Anyone any age can contact the Samaritans for free and confidential support. Call free any time, from any phone available 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. You don't have to be suicidal to call.	Free phone 116 123
	NHS Living Life	Living Life is a free phone service offering therapy for anyone over 16 years of age with: <ul style="list-style-type: none"> low mood mild to moderate depression anxiety Your GP can refer or you can call for a self assessment.	Free phone 0800 328 9655 or visit https://www.nhs24.scot/our-services/living-life/

Adult Mental Health Resources

Theme	Name of Resource	Description	How to access
Tackle underlying determinants and promote equity	The Mental Health Foundation	Provides a range of information and guidance on mental health through the life course. It challenges mental health inequalities resources and tools to support mental health and focus on issues that create high risk.	www.mentalhealth.org.uk
	Health Scotland	Provides information on mental health key facts, inequalities, policy and training.	http://www.healthscotland.scot/health-topics/mental-health-and-well-being
Promote positive attitudes, challenge stigma and discrimination	See Me	Scotland's programme to tackle mental health stigma and discrimination. This website hosts a range of information, resources and access to a free e-learning module for managers and staff support to help create a working environment where people feel safe and able to talk openly about mental health and will be supported and where possible will stay well and in work.	www.seemescotland.org/
Respond better to distress	Choose Life	Choose life is the suicide prevention strategy for Scotland. This website hosts a range of resources and information on training courses available across NHSGG&C.	www.chooselife.net
Promote wellbeing for people with long term conditions	Scottish Recovery Network	Recognises that people can and do recover from serious and long term mental health problems. SRN aims to raise awareness and promote the issue of recovery. Hosts a range of information on what recovery is and supporting resources to support this.	https://www.scottishrecovery.net/
Promote wellbeing and resilience with people in communities	Scottish Association for Mental Health	Operates in communities to provide a range of mental health support and services. Provides details on a number of services and organisations that can offer support with mental ill health.	https://www.samh.org.uk
Promote wellbeing and resilience through work	Healthy Working Lives	Provides information and guidance on simple cost effective ways in which employers can support employees, from policy development to free on line training.	https://www.healthyworkinglives.scot/Pages/default.aspx
Sleep	Mood Juice	Provides information on sleep problems and how to learn skills to cope with them.	http://www.moodjuice.scot.nhs.uk/SleepProblems.asp
	Wellbeing Glasgow	Downloadable self help booklet to help those with trouble sleeping.	http://wellbeing-glasgow.org.uk/trouble-sleeping/
Loss and Grief	NHSGG&C Bereavement Services and Resources	Provides information on NHSGG&C bereavement services and resources and details of other local and national services and resources.	http://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/# http://www.sad.scot.nhs.uk/bereavement/
	Cruse	Promotes the wellbeing of bereaved people and offers support to anyone experiencing bereavement to help them understand their grief and cope with their loss.	http://www.crusescotland.org.uk/
Loneliness and Isolation	Mind	Provides information on what loneliness is, gives practical suggestions and where to go for support.	https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.WzNcZLepXow
	NHS Choices	Provides information on ways to overcome loneliness for older people.	https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in-older-people/
Maternal Mental Health	Panda Foundation	Support for families suffering prenatal/antenatal and post natal illnesses. Offers a variety of support services including helpline and social media platforms.	http://www.pandasfoundation.org.uk/
	Best Beginnings: Out of the Blue	Resources to give parents of all backgrounds the knowledge and confidence they need to look after their own mental and physical health and to maximise their child's development.	https://www.bestbeginnings.org.uk/out-of-the-blue
Helplines	NHS Living Life	Living Life is a free phone service offering therapy for anyone over 16 years of age with: <ul style="list-style-type: none"> low mood mild to moderate depression anxiety Your GP can refer or you can call for a self assessment.	Free phone 0800 328 9655 or visit https://www.nhs24.scot/our-services/living-life/
	Samaritans	Call free any time, from any phone available 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. You don't have to be suicidal to call.	Free phone 116 123
	Breathing Space	Don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.	Free phone 0800 838 587

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