

## Online Learning Resources – Mental Health

### NHSGGC Mental Health Improvement Team

During these unprecedented times the capacity to have face to face training is minimal. It is with this in mind we the NHS Greater Glasgow and Clyde Mental Health Improvement Team have collated a range of free online learning opportunities relating to Mental Health. We have laid these out in a life course approach. This list is not an endorsement but rather a snapshot of learning resources that are out there. The training we will be highlighting will be in general at the informed and skilled levels of the Mental Health Improvement and Suicide Prevention Framework and the Perinatal Mental Health Curricular Framework (PNMH).

The PNMH curricular framework sets out the different levels of knowledge and skills required by members of the Scottish workforce, who have contact with mothers and their babies, so they can support mothers, babies and their families to have positive well-being and good mental health during the perinatal period and to intervene in a timely and helpful way when mental ill-health is present. Please map any training required the appropriate level for the staff undertaking any of this training. For more detail please see here: [PNMH Curricular Framework](#)

The Mental Health and Suicide Prevention Curricular Framework domains cover the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery, preventing self-harm and suicide, and the knowledge and skills required across 4 levels of practice: informed, skilled, enhanced and specialist. For more detail see here: [Mental-health-improvement-and-suicide-prevention-framework](#)

The list of Mental Health awareness and training opportunities are by no means exhaustive and you may like to populate the grid with other online resources or topic areas to suit your needs. The courses have been chosen from Quality Assured providers and are free. Online learning can be very useful but should never replace face to face training in its entirety as there is a richness, value and experience that participants can bring to training.

Prepared by Heather Sloan, Health Improvement Lead (Mental Health) on behalf of NHSGGC Mental Health Improvement Team, 15<sup>th</sup> June 2020

## **Need help with a mental health problem?**

**Please ensure that you consider your own wellbeing in undertaking any learning in the mental health sphere and be prepared to draw on available support systems, such as staff wellbeing resources, should the need arise.**

If you need help with a mental health problem or need emotional support please contact one of the helplines below, visit your GP surgery or call NHS 24: **111** (24 hours, every day)

**Samaritans** are available 24 hours a day, 7 days a week on 116 123. Your call will be confidential and will be taken by a trained Samaritans volunteer. Alternatively you can email [jo@samaritans.org](mailto:jo@samaritans.org)

**Breathing Space** is available between 6pm and 2am any day of the week on 0800 83 85 87 (calls are free of charge). Your call will be taken by an employed mental health advisor.

### **SHOUT Text SHOUT to 85258**

For support in a crisis, free on all major phone networks. Text service. <https://www.giveusashout.org/>

**Childline** is a free 24-hour helpline where children and young people can talk to a counsellor about any problem.

**Phone: 0800 1111** [www.childline.org.uk](http://www.childline.org.uk)

**For those experiencing serious distress;** <https://stayingssafe.net/>

**If you live in the Glasgow or Renfrewshire area contact Lifelink on 0141 554 4434 or** <https://www.lifelink.org.uk/>

If you are feeling suicidal, please tell someone who will take you seriously and be able to help and do this as soon as possible. Tell a family member, friend, colleague, health professional or call one of the helplines above.

**If you think you need an emergency ambulance you should dial 999.**

Infant and Maternal Health	Course Descriptor	Provider	Cost / other info
<b>Understanding maternal mental health e-module</b>	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. Completion time is around 1.5 hours.  <a href="http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx">http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx</a>	<b>NHS Education for Scotland</b>	Free
<b>Maternal mental health: the woman's journey</b>	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. This module represents around 2.5 hours of learning.  <a href="http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx">http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx</a>	<b>NHS Education for Scotland</b>	Free
<b>Essential perinatal and infant mental health : introduction</b>	This is the Introduction module for the Essential Perinatal and Infant Mental Health Resource for specialist services. Key terms: perinatal community mental health team; mother and baby unit; neonatal  <a href="https://learn.nes.nhs.scot/Search/SearchResults?searchterm=Essential%20perinatal%20and%20infant%20mental%20health%20%3A%20introduction&amp;page=1">https://learn.nes.nhs.scot/Search/SearchResults?searchterm=Essential%20perinatal%20and%20infant%20mental%20health%20%3A%20introduction&amp;page=1</a>  Requires you to register for a TURAS account - <a href="https://learn.nes.nhs.scot/">https://learn.nes.nhs.scot/</a>	<b>NES via TURAS</b>	Free
<b>Essential perinatal and infant mental health : keeping baby in mind</b>	This is the module of Essential Perinatal and Infant Mental Health that focused on the Infant and the Parent-Infant Relationship Key terms: perinatal community mental health team; Mother and baby unit; Neonatal Unit; <b>Learning Outcomes:</b> Explain why the perinatal period is so crucial for child development and parent child relationships.  <a href="https://learn.nes.nhs.scot/29661/elearning-psychology/essential-perinatal-and-infant-">https://learn.nes.nhs.scot/29661/elearning-psychology/essential-perinatal-and-infant-</a>	<b>NES via TURAS</b>	Free

	<a href="#">mental-health-keeping-baby-in-mind</a> Requires you to register for a TURAS account - <a href="https://learn.nes.nhs.scot/">https://learn.nes.nhs.scot/</a>		
<b>A range of courses for couples, Families and same sex couples. For example; Understanding pregnancy, labour, birth and your baby.</b>	<p>FREE Antenatal online courses for parents that you may be working with during COVID-19 restrictions. These are available in a number of languages. Click below for more info or select your course below and click 'register and access course' use the code word TARTAN for free access.</p> <p>The following courses are available free for parents/carers in Scotland</p> <ul style="list-style-type: none"> <li>• Understanding pregnancy, labour, birth and your baby</li> <li>• Understanding your baby</li> <li>• Understanding your child</li> <li>• Understanding your teenager's brain</li> </ul> <p>May also be suitable as an introduction for staff working with families.</p> <p><a href="http://inourplace.heiapply.com/online-learning/">inourplace.heiapply.com/online-learning/</a></p>	<b>Solihull</b>	Free for a limited time using the code TARTAN
<b>Children and Young People</b>	Course Descriptor	Provider	Cost other information
<b>Understanding Depression and Low Mood in Young People</b>	<p>This training will enable the learner to have an understanding of low mood and depression, and help you to offer appropriate support to young people who are experiencing these difficulties via a series of relevant and evidence-based practical suggestions.</p> <p><a href="https://www.futurelearn.com/courses/depression-young-people/5/todo/68403">https://www.futurelearn.com/courses/depression-young-people/5/todo/68403</a></p>	<b>University of Reading via future learn.</b>	Free
<b>Childhood in the digital age</b>	<p>The course is intended for anyone with a general interest in childhood studies, early childhood, education studies and child psychology and does not require any prior experience of studying this subject.</p> <p><a href="https://www.open.edu/openlearn/education-development/childhood-the-digital-">https://www.open.edu/openlearn/education-development/childhood-the-digital-</a></p>	<b>OpenLearn Open University</b>	Free

	<a href="#">age/content-section-overview?active-tab=description-tab</a>		
<b>MindEd e-learning to support Healthy Minds</b>	<p>MindEd is a free educational resource on children and young people's mental health for all adults A range of e-learning modules if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist. There is a search bar facility to navigate to find a range of courses.</p> <p><a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a></p>	<b>MindEd</b>	Free
<b>Young People and Their Mental Health</b>	<p>Mental health problems often develop during the teenage period. As many as 1 out of 5 teenagers are dealing with these problems. Therefore, it is important that you know how to recognise common mental health problems, know how they arise, what you can do to prevent them and what you should do when you actually suffer from them. This course, designed specifically for young people, will help you find out more.</p> <p><a href="https://www.futurelearn.com/courses/young-people-mental-health">https://www.futurelearn.com/courses/young-people-mental-health</a></p>	<b>University Of Cambridge</b>	Free
<b>Understanding Children and Young People's Mental Health</b>	<p>This qualification aims to equip you with a more detailed understanding of mental health conditions that can affect children and young people, the legislation and guidance surrounding mental health, risk factors that can affect mental well-being and the impact that mental health concerns can potentially have on young people and others. Course Length: On average, this course is completed within 5 – 10 weeks. But the more time you dedicate, the sooner you can complete it. The pace of the learning is up to you.</p> <p><a href="https://strivetraining.co.uk/understanding-children-and-young-peoples-mental-health/">https://strivetraining.co.uk/understanding-children-and-young-peoples-mental-health/</a></p>	<b>Strive Training</b>	Free Course for: Anyone aged 19 or over who has been living in the European Union for the last 3 years.

<b>Supporting children and young people's wellbeing</b>	This free course, <i>Supporting children and young people's wellbeing</i> , looks at some of the broader concerns regarding wellbeing and the idea that children and young people today are increasingly reporting feelings of unhappiness. By completing the activities, you will be introduced to different ways of understanding children and young people's wellbeing as well as a variety of practices and services that can provide support. <a href="https://www.open.edu/openlearn/health-sports-psychology/supporting-children-and-young-peoples-wellbeing/content-section-0?active-tab=description-tab">https://www.open.edu/openlearn/health-sports-psychology/supporting-children-and-young-peoples-wellbeing/content-section-0?active-tab=description-tab</a>	<b>OpenLearn Open University</b>	Free
<b>Adults</b>	<b>Course Descriptor</b>	<b>Provider</b>	<b>Cost other info</b>
<b>Mental Health for Small Workplaces</b>	Mental Health for Small Workplaces is made up of three modules: Building your awareness, Looking after yourself, Supporting each other. <a href="https://www.mentalhealthatwork.org.uk/toolkit/mental-health-for-small-workplaces/">https://www.mentalhealthatwork.org.uk/toolkit/mental-health-for-small-workplaces/</a>	<b>Mind for Mental Health</b>	Free
<b>Mental Health Awareness</b>	This e-learning module has been designed to provide a broad overview of mental health issues, including the different ways in which issues can present themselves and how you can offer support. In this module, you will: <ul style="list-style-type: none"> <li>• Receive an overview of the background behind mental health issues including the stigma that can be involved</li> <li>• See the different ways in which mental health can present itself</li> <li>• Understand how you can help support people with mental health issues</li> </ul> <a href="https://learningpool.com/mental-health-awareness/">https://learningpool.com/mental-health-awareness/</a>	<b>Learning Pool</b>	Free
<b>Introduction to mental health</b>	The information in this website is for people who have no previous training in mental health. It will give you a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems. Many myths, misconceptions and misunderstandings about mental health exist within our society. MindSET hopes to begin to challenge these myths, misconceptions and misunderstandings so	<b>Northlan MindSet</b>	Free If you would like to use this

	<p>that we can develop a shared understanding of mental health that is based on fact not fiction.</p> <p>There are six sections to progress through, each with multiple-choice questions at the end. You must complete each section before you can move on to the next section. Once you have completed a section you can stop and save your work and return to the website at another time. Once you have completed all six sections you will be awarded a certificate of completion.</p> <p><a href="http://www.northlanmindset.org.uk/index.php?pageID=78&amp;cacheMsg=yes">http://www.northlanmindset.org.uk/index.php?pageID=78&amp;cacheMsg=yes</a></p>		<p>training programme you will need to create your own user profile.</p>
<b>Public health and mental health promotion</b>	<p>Examine public health from a mental health perspective, beginning with an exploration of the relationship between public health and mental health. Mental health promotion is concerned with achieving positive mental health and quality of life.</p> <p><a href="https://www.open.edu/openlearn/health-sports-psychology/public-health/public-health-and-mental-health-promotion/content-section-0?active-tab=description-tab">https://www.open.edu/openlearn/health-sports-psychology/public-health/public-health-and-mental-health-promotion/content-section-0?active-tab=description-tab</a></p>	<b>OpenLearn Open University</b>	Free
<b>Exercise and Mental Health</b>	<p>Exercise and mental health, this free course will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood.</p> <p><a href="https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=description-tab">https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=description-tab</a></p>	<b>OpenLearn Open University</b>	Free
<b>Challenging ideas in mental health</b>	<p>Take a new and different look at mental health. This free course, Challenging ideas in mental health, invites you to think differently about life's dilemmas by taking account of the views of all concerned, especially people experiencing mental distress. It explores ideas and practice in mental health, and will appeal to a wide range of people.</p> <p><a href="https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-">https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-</a></p>	<b>OpenLearn Open University</b>	Free

	<a href="https://www.nhs.uk/mental-health/content-section-0?active-tab=description-tab">mental-health/content-section-0?active-tab=description-tab</a>		
<b>Level 2 Certificate in Awareness of Mental Health Problems</b>	<p>This qualification aims to raise your awareness of mental health and a range of mental health problems. You will gain an understanding of prevalent mental health problems and how you can then work with or interact with individuals with them.</p> <p><a href="https://courses.independent.co.uk/training/the-skills-network/level-2-certificate-in-awareness-of-mental-health-problems-free-online-course-483202">https://courses.independent.co.uk/training/the-skills-network/level-2-certificate-in-awareness-of-mental-health-problems-free-online-course-483202</a></p>	<b>The Skills Network</b>	Free Requires Registration
<b>Variety of Health Related topics Including Mental Health</b>	<p>A wide range of free courses on a variety of topics available on OpenLearn. Anyone can learn for free on OpenLearn, but signing-up will give you access to your personal learning profile and record of achievements that you earn while you study.</p> <p><a href="https://www.open.edu/openlearn/free-courses/full-catalogue">https://www.open.edu/openlearn/free-courses/full-catalogue</a></p>	<b>OpenLearn Open University</b>	Free

We have created a range of support resources as well to help people address and gain support on a range of mental health issues during the covid-19 pandemic, which can be accessed from our website here: <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/mental-health-resources-in-response-to-covid-19/>

Please get in touch if there are other training resources you are aware of that we could consider sharing by contacting:

**Heather Sloan**, Health Improvement Lead – Mental Health, NHS Greater Glasgow and Clyde Mental Health Improvement Team;  
[heather.sloan@ggc.scot.nhs.uk](mailto:heather.sloan@ggc.scot.nhs.uk)