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**NHS Greater Glasgow and Clyde Mental Health Improvement Team**

**Resources**

Infant and Maternal Health

Perinatal Mental Health Guide: we have arranged a re-print of this guide. It offers information on a range of mental health supports and resources across GGC for new and expectant parents. Copies can be ordered free from our [Public Health Resource Directory.](https://www.hpac.nhs.uk/HPAC/MoreDetailsv4.jsp?id=1169&subjectId=15&sitename=www.phrd.scot.nhs.uk&referrer=https://www.hpac.nhs.uk/HPAC//BrowseSearchv4.jsp?typeId=B&submit=true&sort=dater&page=2)

Child and Youth

Together Scottish Alliance for Children’s Rights: have brought together a range of [Coronavirus-related resources](https://www.togetherscotland.org.uk/resources-and-networks/coronavirus-resources/) from across their membership and other organisations. It includes information for parents, carers, children and the third sector.

The Association for Child and Adolescent Mental Health: has released a [podcast](https://www.acamh.org/podcasts/associate-professor-mina-fazel-child-refugee-mental-health-needs-in-conversation/) discussing child refugee mental health, the predominant symptoms seen in this group, and how are these children and young people can be best supported.

Adults

Action for Happiness: **Optimistic October** Action Calendar has daily suggested [actions](https://www.actionforhappiness.org/calendars) to help you **focus on what really matters**

Bereavement Guide: our team were tasked by the Glasgow City Primary Care Mental Health and Wellbeing group to develop a bereavement resource to support staff in GP practices have conversations about bereavement and grief and where to signpost to resources appropriate to patient needs. Although a Glasgow resource, there is lots of useful information for anyone supporting those affected by bereavement. Download [here](https://www.nhsggc.org.uk/media/262379/321186_1_0-supporting-those-affected-by-bereavement-z-fold-booklet-3.pdf)

# British Red Cross: [Tools](https://www.redcross.org.uk/get-help/get-help-with-loneliness/support-and-resources-for-adults/making-the-most-of-your-resources) for overcoming loneliness, ideas and activities to help you make the most of your resources

Research/Reports/Papers

Differences in access and utilisation of mental health services in the perinatal period for women from ethnic minorities—[a population-based study](https://bmcmedicine.biomedcentral.com/track/pdf/10.1186/s12916-020-01711-w)

Eat Sleep and Ride: is a social enterprise working with young people experiencing mental health problems, those that have suffered abuse, lived in areas of high deprivations and other challenges such as drug/alcohol addiction (Scottish Borders), have published a [Social Impact Report.](https://mcusercontent.com/e7b22dc21972448958ad6bede/files/0a7465fa-1935-49bd-b2a1-a1ee6b7b93ff/Eat_Sleep_Ride_Social_Impact_Report.pdf)

Triumph**:** have collated a range of research papers and reports with the latest [evidence](http://triumph.sphsu.gla.ac.uk/covid19-resources/) about the impact of COVID-19 on young people’s mental health

Capacity Building and Training

Healthy Minds Information Sessions: we are hosting a series of information sessions on our Healthy Minds Resource. [Healthy Minds](https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/) is free to access and download and can be used by anyone with an interest in mental health and topics that can impact on mental health such as sleep. No prior training necessary. The resource is flexible and can be used online, please refer to our [online guidance.](https://www.nhsggc.org.uk/media/262649/healthy-minds-online-guidance-4.pdf) Dates available for our information sessions are:

Thursday 29th October – 10am-11.30am via MS Teams

Tuesday 10th November – 2pm – 3.30pm via MS Teams

Wednesday 25th November – 10am - 11.30am via MS Teams

Thursday 3rd December – 2pm-3.30pm via MS Teams

If you would like to book a place, please contact michelle.guthrie@ggc.scot.nhs.uk

Loss and Grief during COVID-19: a new addition to our Healthy Minds Resource, a basic awareness session exploring loss in its widest sense, not only bereavement, as a result of COVID-19. Free to [download](https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/) and can be used by anyone, no previous training required.

Online Learning Opportunities**:** with face to face training at a minimum, please remember you can access a range of free online line learning opportunities. Details[here](https://www.nhsggc.org.uk/media/262061/online-learning-resources-mh-29072020.pdf)

Campaigns

National Stress Awareness Day: takes place on 4th November and aims to raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of well-being and stress reduction for individuals and organisations. Find out more [here](https://cwmind.org.uk/national-stress-awareness-day/)

World Kindness Day: takes place on 13th November each year and promotes the importance of being kind to each other, to yourself, and to the world. Get involved [here](https://inspirekindness.com/world-kindness-day)

Helplines

Pandas Foundation**:** Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.

Sleep Support Line**: 0800 138 6565,** Monday to Thursday 10am – 4pm**.** For parents and carers living in Scotland seeking support with their child’s sleep problems can contact sleep advisors.

The Silver Line**:** free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90**

Samaritans: **116 123**. A free and confidential support to anyone, any age.

Events

Good Grief: A free virtual [festival](https://goodgrieffest.com/) of love and loss exploring the many faces of grief, reaching to help people to better understand and process grief and loss at this time of global crisis.