

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Infant and Maternal Health

Financial Help in the Early Years: a [factsheet](#) which outlines what financial help may be available from pregnancy to school age.

Children and Young People

Cost of the School Day – a [toolkit](#) is designed to get everyone talking about The Cost of the School Day –the new resources include an awareness raising presentation and film.

Adults

This is poverty: a powerful [short film](#) highlights how hard it is to live in poverty: “Poverty is frustrating, it seems as if you are fighting against a tide and the tide is always running against you”.

Research/Reports/Papers

Exploring the Cost of Pregnancy Pathway: explores what cost-related barriers existed in accessing [antenatal healthcare](#).

The British Psychological Society: have recently produced a Scottish [briefing paper](#) which discusses effective approaches to develop policy that will tackle poverty.

Learning Opportunities

Public Health Scotland: Child poverty, health and wellbeing is a [module](#) which aims to raise your awareness of child poverty in Scotland

Public Health Scotland: [Poverty Stigma Hub](#) is aimed at those who work in frontline public services helping them to develop their understanding of poverty stigma and discrimination.

Child Poverty Action Group: offer a range of free [e-learning](#) opportunities.

Useful websites and Supports

NHSGGC Staff Guidance: asking about [money & debt](#) worries: as part of health and social care is simple to do.

NHSGGC Healthy & Wellbeing Services Directory: includes a list of [Money Advice Services](#) you can refer to and referral forms.

Public Health Resource Directory: provide a range of [money advice resources](#). Free to anyone living or working in Greater Glasgow and Clyde.

Money Matters: provides a wealth of [financial information](#) and supports.

Lifeline: Provide a range of services across Glasgow City for children, young people and adults including counselling, workshops and courses to support mental health and wellbeing. Contact **0141 552 4434** or visit www.life.org.uk

Helplines

Lone Parent Helpline: **0808 801 0323** provides a range of free advice/support to single parents; dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work.

Home Energy Scotland: provide a free advice line 0808 808 2282, advising on a range of issues including grants.

Samaritans: **116 123**. A free and confidential support to anyone, any age. 24 hrs day, 7 days a week.