

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Infant and Maternal Health

UNICEF: Navigating pregnancy during the coronavirus disease (COVID-19) pandemic. [An expert midwife on how to best protect yourself and your baby.](#)

Child and Youth

Royal College of Paediatrics and Child Health: have published [advice for young people](#) signposting when and where they should seek help during the coronavirus pandemic.

Adults

Tips for a better night's sleep: wee changes can make a big difference in helping you feel better. Download the information [here](#)

Action for Happiness Calendar: [Happier January 2021](#). Daily actions to help make yourself and others happier.

Learning Opportunities

Mental Health Improvement Team: a range of free learning opportunities to access. See attached information within email or contact heather.sloan@ggc.scot.nhs.uk

Supporting people with learning disabilities in bereavement: [free webinar](#) for family, health or social care professionals (in any setting), policy makers. **Tuesday 9th Feb**

Campaign/Awareness Events

LGBTQ History Month: takes place in February, find out more [here](#)

Child Mental Health Week: runs from 1-7 February. Get involved [here](#)

Time to Talk Day: takes place on 4th February, find out more [here](#).

National Random Acts of Kindness Day: is celebrated on February 17th. Information [here](#)

Websites

NHS Education Scotland: a range of useful mental health resources and supports below. Anyone can access these resources, if you haven't already registered.

- [Staff providing effective support for people experiencing distress](#) E-modules (30mins to 1 hour), animations, resources and podcasts. Additional sections for [staff who are supporting children and young people and families](#) and [people with additional needs](#).
- [Staff planning for their own wellbeing](#). A range of tools, and evidence based apps to support difficulties such as sleep and anxiety.
- [Managers supporting the wellbeing of their staff](#) includes an e-module, (1-2 hours), specifically designed for managers who are planning to support the wellbeing of their staff), podcasts and high quality sources of advice.