

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Infant and Maternal Health

Feelings, relationships and pregnancy: useful information and advice from [NHS Inform](#).

Ready Steady Baby: includes a section on [relationships and wellbeing in pregnancy](#).

Child and Youth

Relationships, sexual health and parenthood (RSHP): a [national resource](#) that can be used in early learning settings, schools, colleges and community-based learning.

Online Relationships: Explains the [benefits and challenges](#) to your mental health of being online,

Relationships Scotland: Parenting Apart [downloadable resources](#) (films and booklets) for children, young people and adults to help them manage through separation.

Adults

Relate: provide information and advice on [relationships and mental health](#).

LGBT Wellbeing: [resources for services and organisations](#) working with older LGBT people.

National Autistic Society: family relationships, [a guide](#) for partners of autistic people.

Let's Get To The Bottom Of It Films: four Glasgow men ([individual films](#)) share their inner thoughts and feelings about sex and relationships.

Gender Based Violence: range of resources and information at [NHSGGC Gender Based Violence and Human Trafficking website](#)

Learning Opportunities

Eating Disorder Awareness. Free online session to raise awareness of the effect of eating disorders and how we can support those affected. Tues 4th March 10-12pm.

Campaign/Awareness Events

Self Injury Awareness Day: takes place on 1st March. Visit [LifeSIGNS](#) for more information. Download our [Self Harm Resource](#) document.

Eating Disorder Awareness Week: runs from 1-7 March. Visit [BEAT](#) for more information.

World Sleep Day: takes place on 19th March. Get involved [here](#). Remember you can download our [Sleep and Mental Health](#) Healthy Minds session.

Services

Sandyford Sexual Health Services: is the specialised sexual health service for Greater Glasgow and Clyde. It offers a [range of services](#) including the Sandyford Counselling and Support service.

Tools

Starting conversations around COVID-19 and inequalities. A [tool to help people](#) who don't have a background in public health explore the wider impacts of COVID-19 on health on society.

Helplines

Scotland's Domestic Abuse and Forced Marriage Helpline: available 24/7 [0800 027 1234](#)
[www.sdafmh.org.uk](#)