

## NHS Greater Glasgow and Clyde Mental Health Improvement Team

**Remain Positive:** the [Action for Happiness Calendars](#) are a useful resource that promotes simple day to day activities.

**Establish Realistic & Achievable Goals:** Work out who you want to be, your priorities in life, and what you want to achieve in your career or personal life. [NHS inform](#) offer some easy time management tips to help regain control of your day.

**Strategies:** recognising what our triggers are can help us manage stress. The Steps to deal with Stress can be downloaded free of charge from our [Public Health Resource Directory](#).

**Identify your strengths:** our [mental health and emotional literacy](#) Healthy Minds session explores how we can become emotionally literate and the benefits it brings to our mental health.

**Learn from Experience:** invest your energy in things you can change. Our [grief poster](#) highlights healthy ways in which we can manage grief following a bereavement. It can be ordered through our [Public Health Resource Directory](#). Also available to download in [10 different languages](#)

**Introduce a positive way of thinking:** the Scottish Government [Clear Your Head Campaign](#) offers information and tips on how we can clear our heads to help us think.

**Enjoy:** make time to do the things you enjoy in life. [Self care techniques and general lifestyle](#) changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse.

**Needs:** it is important to look after your wellbeing: [SAMH five ways](#) to better health suggests ways in which we can improve our wellbeing.

**Connect:** having supportive trusted adult is a protective factor for young people's mental health, watch our [one good adult clip](#) and download our [Healthy Minds OGA session](#) to use with staff and/ or use our [online activity](#) to highlight the OGA concept with young people.

**Embrace Change:** Love it or loathe it – digital and social media is here to stay. Our [Aye Mind website](#) is for adults working with young people and hosts a range of resources and apps to support mental health and wellbeing. A [toolkit](#) is also available which includes lots of practical information.

### Learning Opportunities

**E-Learning Opportunities:** our online document has been updated, which shares a range of free mental health e-learning opportunities across the life course. Download [here](#)

### Campaign/Awareness Events

**World Sleep Day:** takes place March 19<sup>th</sup>. Download the [toolkit](#). Our [Sleep and Mental Health](#) Basic Awareness Session is also available to download and can be used by anyone.

**Stress Awareness Month:** takes place every April. An opportunity to remind us to pay attention to our health. Download the Mental Health Foundation resource "[How to manage and reduce stress](#)"

### Helplines

**NHS Living Life: 0800 328 9655:** A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm.

**Anxiety UK Helpline: 03444 775 774,** 9.30am–5.30pm, Mon–Fri (except bank holidays). [Charge for calls.](#)