

NHS Greater Glasgow and Clyde Mental Health Improvement Team

The month of June sees a range of awareness weeks taking place, providing an opportunity to put the spotlight on important health related topics.

Awareness Week	Date	Theme	Resources	Helplines
Carers' week	7-13 June	Making care visible and valued	Home Carers Week About young carers - Carers Trust We're here to make life better for carers - Carers UK	Carers UK Telephone Helpline: available on 0808 808 7777 from Monday to Friday, 9am – 6pm or you can contact by email (advice@carersuk.org)
Infant Mental Health Week	7-13 June	#IncludingInfants in children and young people's mental health	IMHAW - Parent-Infant Foundation	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.
Men's Health Week	14-21 June	Men and COVID 'Can do' challenge	Men, mental health and Covid-19 Men's Health Forum Mind the Men Heads Up	Respect Men's Advice Line: a helpline for male victims of domestic abuse. 0808 8010327 Mon – Fri 9am -8pm. Free from landlines and mobile phones within the UK. Your call will not appear on itemised bills. Campaign Against Living Miserably: helpline 0800 58 58 58 5pm-midnight 365 days a year or visit CALM
Loneliness Awareness Week	14-21 June	'We get lonely, but we don't all <i>get</i> loneliness'.	A Connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections - gov.scot (www.gov.scot) NHSGGC : Promote wellbeing and resilience with people and communities	Childline: free helpline 0800 1111 available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online. talktime Scotland: provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text 0774 210 104 Age Scotland Helpline: for older people providing information, friendship and advice. Call free Mon-Fri 9am – 5pm 0800 12 44 222