

# NHS

## Greater Glasgow and Clyde



The NHS Greater Glasgow and Clyde Mental Health Improvement and Equalities Team:  
*"A look back over the last six months"*



# Welcome and Farewell

We are delighted to welcome Laura Andre, Health Improvement Senior (Digital Communications) to our team for the next 18 months. We are beyond excited to have Laura's expertise in the team.

We bid farewell to our colleague Jane Kelly who has taken up a position in NHS Lanarkshire. We wish Jane well in her new venture.

"These updates are really appreciated"

"I've seen this month's and thought it was excellent"

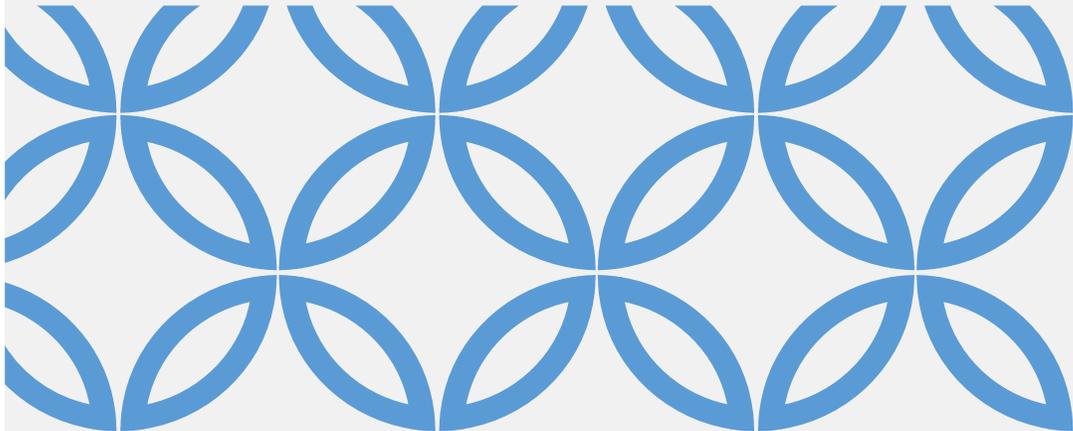
"Some great resources, keep them coming"

"Packed with information"

"Updates have been really helpful for us & a lot of the people we support"

"This is lovely, a really nice tone to it"

## Celebrating Our Successes

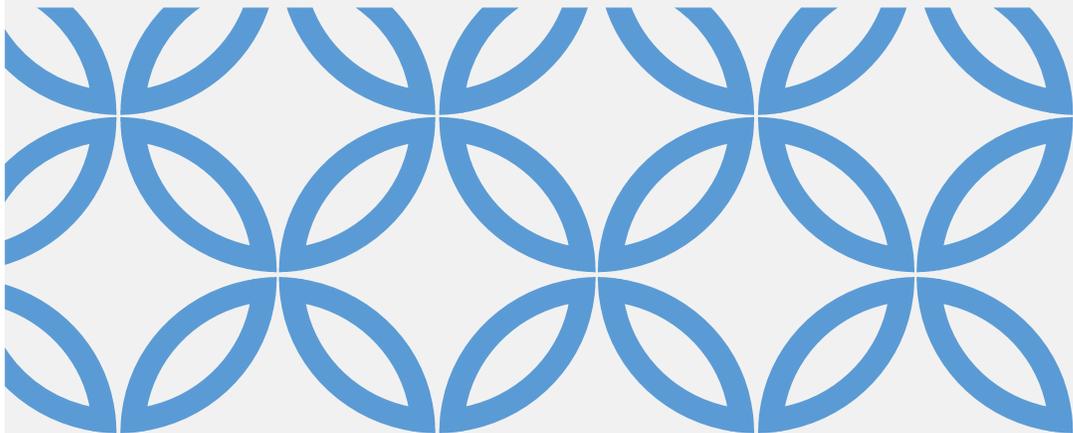


## What did we do?

- Our Perinatal Mental Health (PNMH) Network is referenced in the Scottish Government Perinatal Mental Health Peer Support Action Plan 2020-23
- Attended the Lothian Perinatal Mental Health Collaborative to share practice and how our PNMH network has evolved
- Our snippets continue to be popular going out to over 700 colleagues and partners each month
- Continue to see an increase in engagement with our @Ayemind Twitter feed



## Strategic Leadership



## What did we do?

- Continued extensive involvement in the implementation of prevention and allied section of NHS Greater Glasgow and Clyde 5 year Mental Health Services Strategy
- Co-ordinated and participated in the Public Mental Health Remobilisation – Shaping responses in Greater Glasgow and Clyde event
- Continued active involvement in the (national) Perinatal Mental Health (PNMH) Managed Clinical Network and NHSGGC Local Implementation Group
- Active involvement in the Equalities Group, a sub group of the PNMH Managed Clinical Network Group

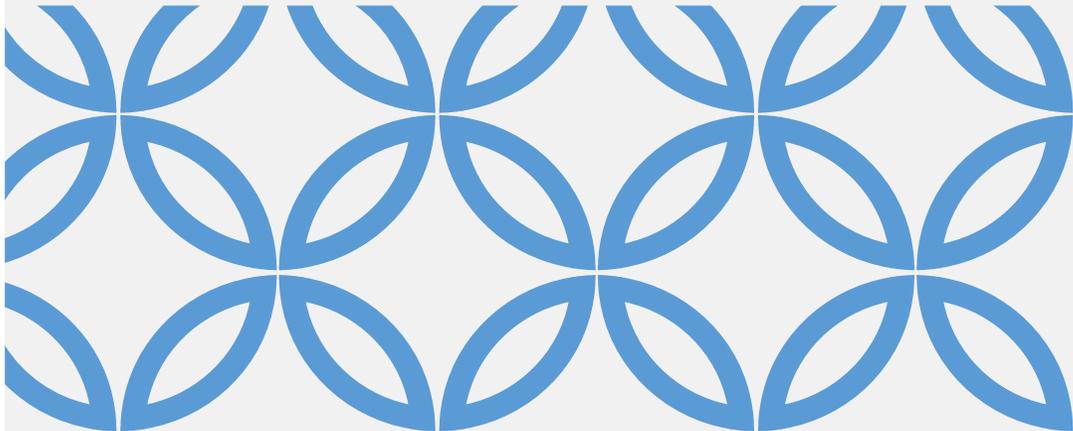


Scotland's new approach to suicide prevention needs all of us – visit

[unitedtopreventsuicide.org.uk](https://unitedtopreventsuicide.org.uk)

to find out how you can get involved.

# Suicide Prevention



## What did we do?

- Ongoing active involvement in a range of suicide prevention activity
- Provision of a range of online learning opportunities including Introduction to Suicide Awareness and Ask Tell sessions
- Supported policy and response work around suicide clusters

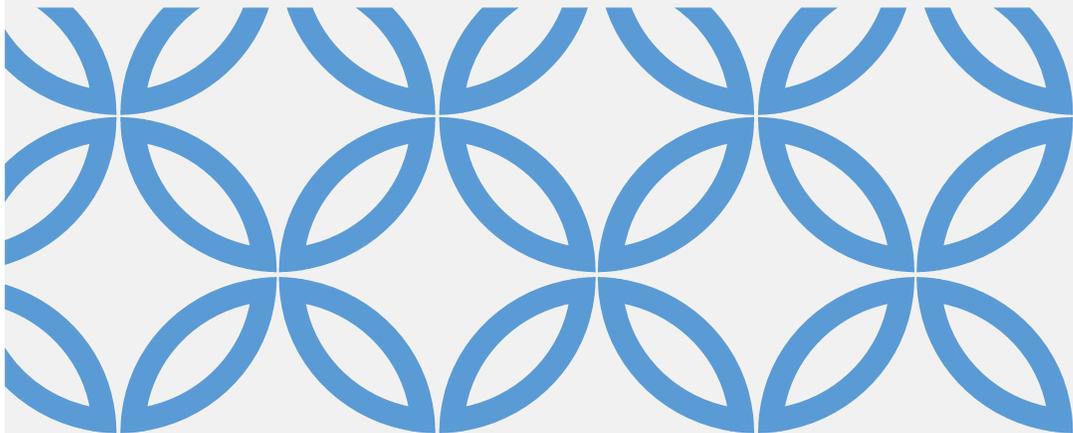


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# Suicide Prevention

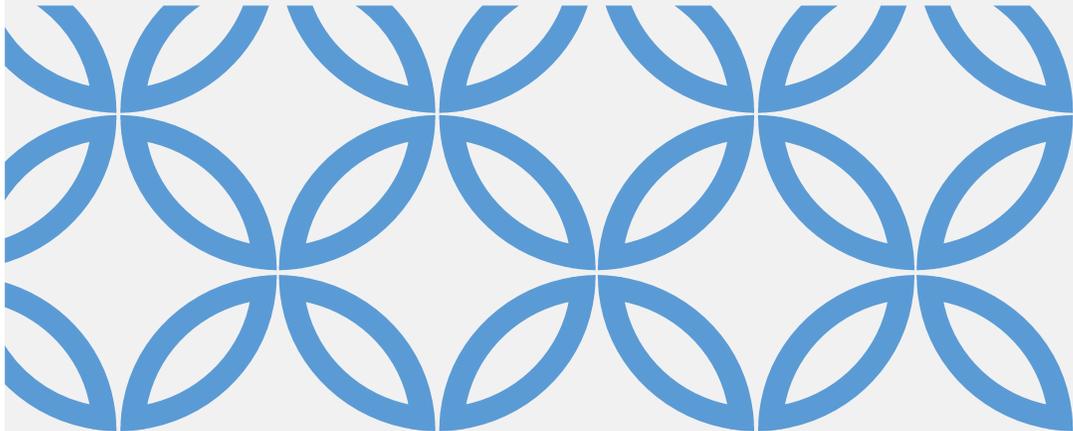


## What did we do?

- Supported the Glasgow Council for Voluntary Sector “preventing suicide contagion” event
- Supported delivery of a Suicide Contagion session to Greater Glasgow and Clyde Suicide Prevention Trainers Network
- Established GGC Youth and Young Adult Suicide Prevention Sub-Group with multi-partner membership
- Collaborated with Glasgow University to carry out a Greater Glasgow and Clyde Youth and Young Adult Suicide Prevention Snapshot exercise

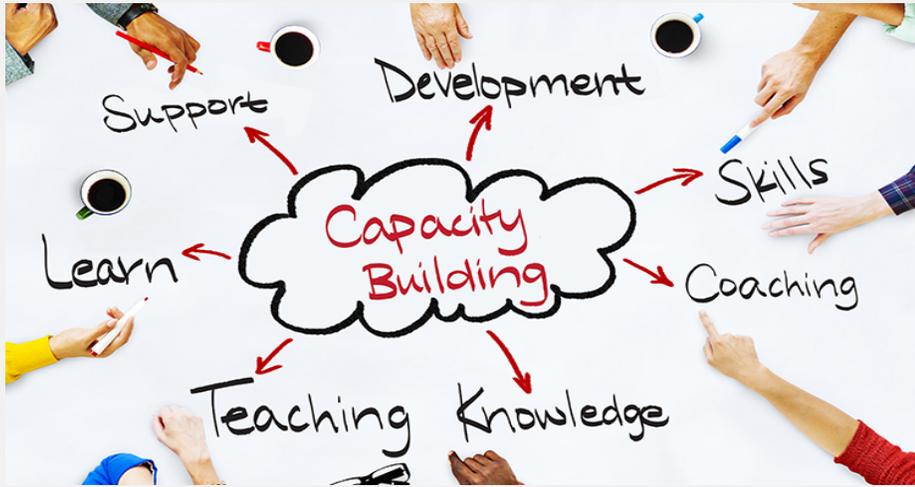


## Training and Capacity Building

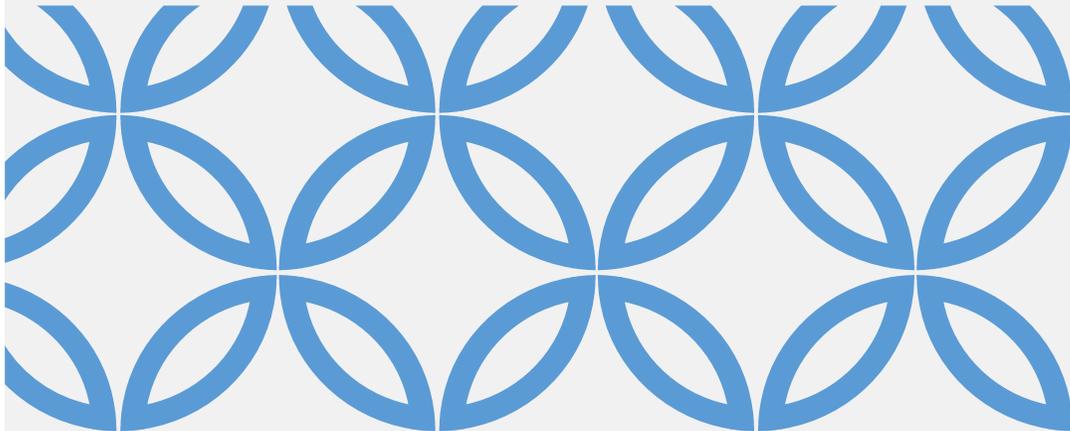


## What did we do?

- Continue to work with our commissioned service, Scottish Association of Mental Health (SAMH) to provide online learning opportunities to colleagues, partners and volunteers across GGC
- Range of courses available; Introduction to Suicide Prevention, Maintaining Wellbeing, Building Resilience, and Mental Health in the Workplace
- To date more than 2,200 participants have accessed the courses



# Training and Capacity Building

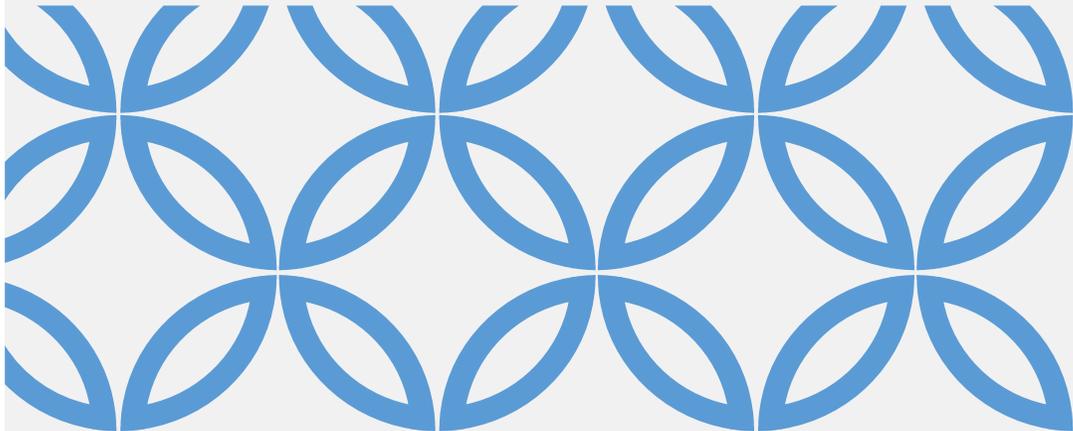


## What did we do?

- Planned, co-ordinated and delivered a Mental Health Improvement Training and Capacity Building Calendar from Jan – May 2021
- 33 sessions delivered to over 400 participants
- In partnership with NHSGGC Self Harm forum, developed a one hour online Self Harm Awareness taster session
- Collaborated with Fathers Network Scotland to deliver and participate in the “Understanding Paternal Mental Health Training for Trainers course



# Equalities

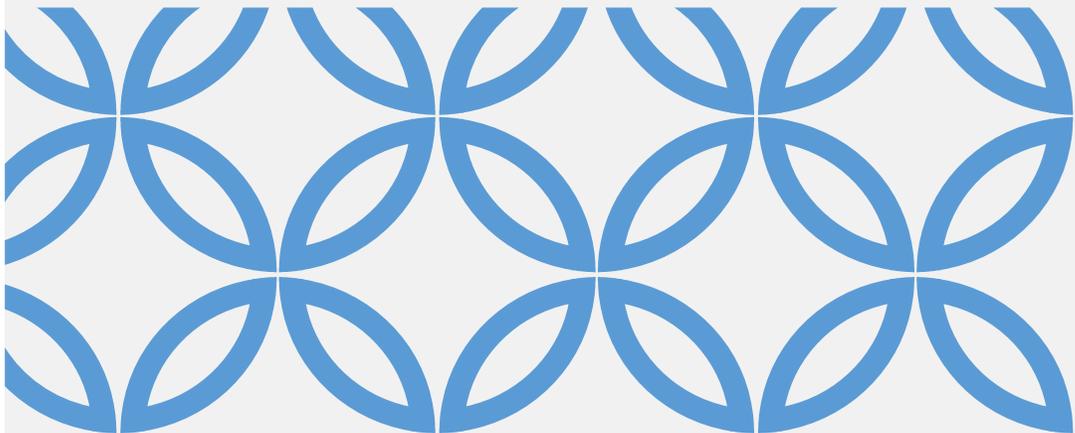


## What did we do?

- Secured membership of the Employers Network for Equality and Inclusion allowing us NHS staff and Glasgow HSCP to freely access a range of services and resources
- Commissioned training for 100 practitioners to support the mental health of LGBTQ+ new and expectant parents
- Collaborating with Deaf Scotland to adapt our Healthy Minds Resource to increase accessibility



## Anti-stigma

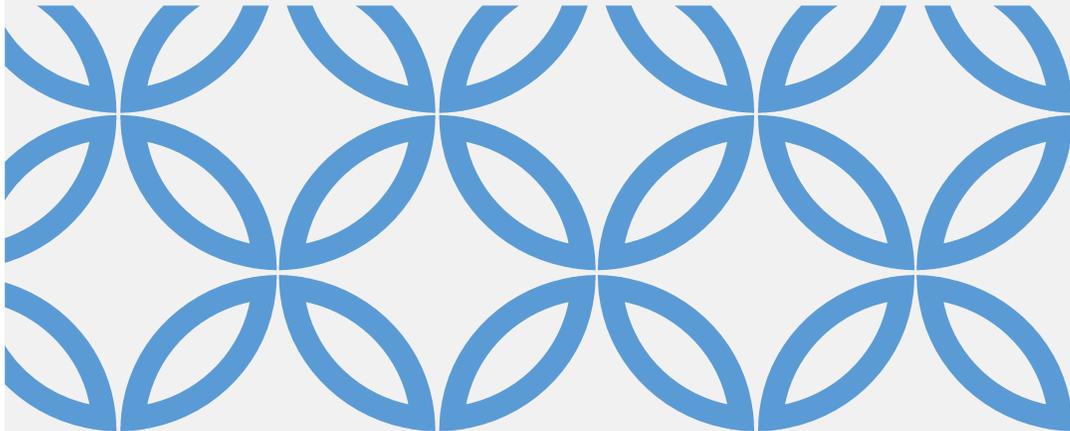


## What did we do?

- Funded 10 local organisations to develop and deliver on anti-stigma projects
- Projects ranged from work with Prison staff at HMP Barlinnie, African Women's Network, Machine Zone re Gambling Harms, Deaf Community Mental Health Developments
- Collaborated with See Me to support the 10 organisations around evaluation, learning sets and case study development
- Working with HMP Barlinnie as part of their suicide prevention work to develop a short film co-produced with those imprisoned to share with first time offenders what to expect within the prison setting

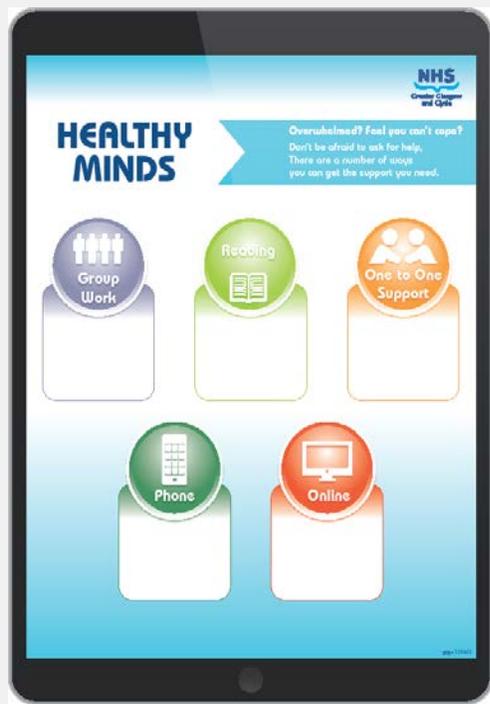


# Awareness Campaigns

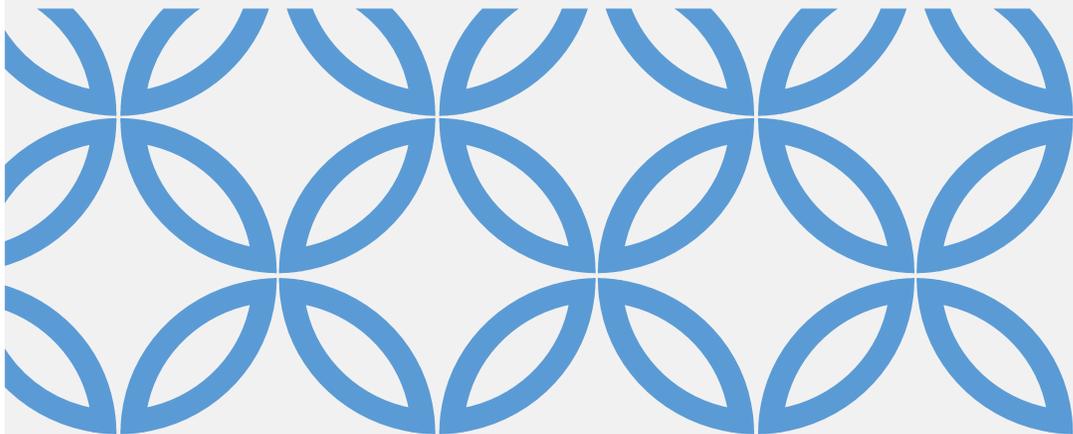


## What did we do?

- Extensive involvement in various Awareness Campaigns, eg Mental Health, Maternal Mental Health, Borderline Personality Disorder (BPD)
- Ran a successful mental health campaign, #HeidOutdoors, as part of Mental Health Awareness Week
- Interviewed the newly appointed Specialist Perinatal Mental Health Midwives
- Worked in partnership with the Mental Health Network, BPD Dialogues service user group, and clinical colleagues at the BPD Pathway Steering Group, to develop a 'BPD and Me' social media campaign



## Resource Development



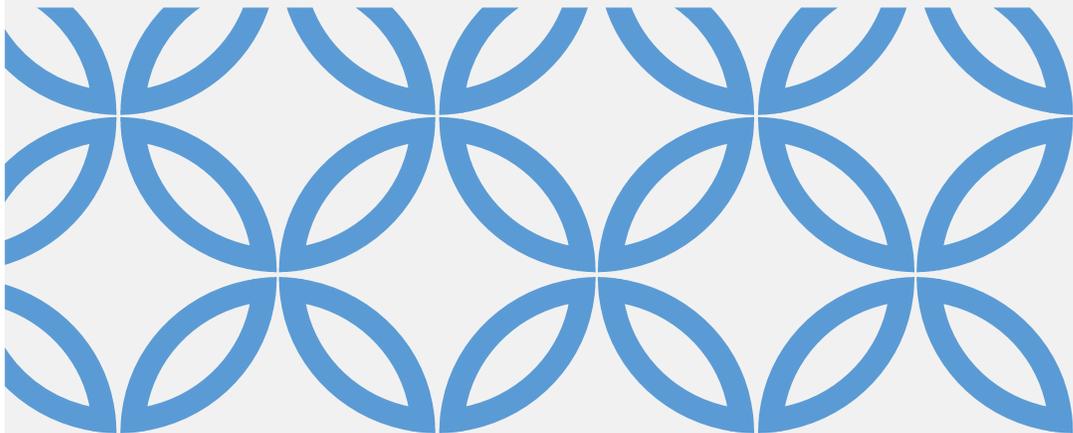
## What did we do?

- Developed a new Healthy Minds Mental Health and Alcohol session
- Created a Perinatal Mental Health good practice guide for Third sector and community organisations working with and supporting new and expectant parents
- Developed two posters (Child and Youth & Adult) that can be personalised and re-used to promote local, board and national mental health information

## Green Spaces of Greater Glasgow and Clyde

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### Resource Development



## What did we do?

- Created a 'Green Spaces of Greater Glasgow and Clyde' resource
- Worked in partnership with the Mental Health Foundation to develop a podcast "Walking is my Therapy"
- Developed online mental health activity sessions for staff working with children & young people
- Building a portfolio of mental health improvement case studies across the life course

# Staying Connected



- Visit our team website to access all our mental health resources  
<https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/>
- Sign up to our monthly mental health snippet contact [michelle.guthrie@ggc.scot.nhs.uk](mailto:michelle.guthrie@ggc.scot.nhs.uk)
- Follow us on Twitter @AyeMind99

## Contact details

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