

Building Mental Health Improvement Capacity Across NHS Greater Glasgow and Clyde During COVID-19

What did we do?

In the absence of face to face training and increasing demand for information, guidance and resources to support the population's Mental Health during COVID-19, the NHS Greater Glasgow and Clyde Mental Health Improvement Team planned, co-ordinated and supported delivery of a Training and Capacity Building Programme running from January 2021 to May 2021.

The Results



33 sessions delivered

Topics included LGBT+ Perinatal Mental Health, Loneliness and Isolation, Loss and Grief, Sleep, Mental Health Resources, Stigma and Discrimination, Maternal Mental Health, Self Harm, Seasons for Growth Seminar, Healthy Minds Information and Basic Mental Health.



458 participants attended

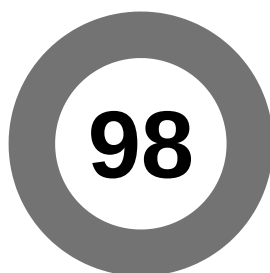
They came from a wide range of disciplines; Health, Education, Social Work, Fire Service, Police and various Third Sector Organisations.

"Mental Health is everyone's business and if we all have a basic awareness and understanding of Mental Health it can help eliminate stigma and discrimination and develop a more understanding society which values mental health equally alongside physical health"

Headlines



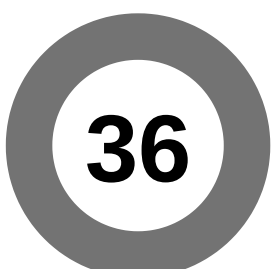
Participants attended Child and Youth Mental Health Resources Sessions



Participants attended LGBT Perinatal Mental Health Parent and Families Training



Participants attended Loss and Grief during a Pandemic Sessions



Participants attended Sleep and Mental Health Sessions



Participants attended Maternal Mental Health Sessions



Participants attended Self Harm Awareness Sessions