



Online Learning Resources – Mental Health

NHSGGC Mental Health Improvement Team

During these unprecedented times the capacity to have face to face training is minimal. It is with this in mind we the NHS Greater Glasgow and Clyde Mental Health Improvement Team have collated a range of free online learning opportunities relating to Mental Health. We have laid these out in a life course approach. This list is not an endorsement but rather a snapshot of learning resources that are out there. The training we will be highlighting will be in general at the informed and skilled levels of the Mental Health Improvement and Suicide Prevention Framework and the Perinatal Mental Health Curricular Framework (PNMH).

The PNMH curricular framework sets out the different levels of knowledge and skills required by members of the Scottish workforce, who have contact with mothers and their babies, so they can support mothers, babies and their families to have positive well-being and good mental health during the perinatal period and to intervene in a timely and helpful way when mental ill-health is present. Please map any training required the appropriate level for the staff undertaking any of this training. For more detail please see here: [PNMH Curricular Framework](#)

The Mental Health and Suicide Prevention Curricular Framework domains cover the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery, preventing self-harm and suicide, and the knowledge and skills required across 4 levels of practice: informed, skilled, enhanced and specialist. For more detail see here: [Mental-health-improvement-and-suicide-prevention-framework](#)

The list of Mental Health awareness and training opportunities are by no means exhaustive and you may like to populate the grid with other online resources or topic areas to suit your needs. The courses have been chosen from Quality Assured providers and are free. Online learning

can be very useful but should never replace face to face training in its entirety as there is a richness, value and experience that participants can bring to training.

Need help with a mental health problem?

Please ensure that you consider your own wellbeing in undertaking any learning in the mental health sphere and be prepared to draw on available support systems, such as staff wellbeing resources, should the need arise.

If you need help with a mental health problem or need emotional support please contact one of the helplines below, visit your GP surgery or call NHS 24: **111** (24 hours, every day)

Samaritans are available 24 hours a day, 7 days a week on 116 123. Your call will be confidential and will be taken by a trained Samaritans volunteer. Alternatively you can email jo@samaritans.org

Breathing Space is available between 6pm and 2am any day of the week on 0800 83 85 87 (calls are free of charge). Your call will be taken by an employed mental health advisor.

SHOUT Text **SHOUT to 85258**

For support in a crisis, free on all major phone networks. Text service. <https://www.giveusashout.org/>

Childline is a free 24-hour helpline where children and young people can talk to a counsellor about any problem.

Phone: 0800 1111 www.childline.org.uk

For those experiencing serious distress; <https://stayingsafe.net/>

If you live in the Glasgow or Renfrewshire area contact Lifelink on 0141 554 4434 or <https://www.lifelink.org.uk/>

If you are feeling suicidal, please tell someone who will take you seriously and be able to help and do this as soon as possible. Tell a family member, friend, colleague, health professional or call one of the helplines above.

If you think you need an emergency ambulance you should dial 999.

Public Health Scotland’s newly revamped Virtual Learning Environment (VLE) hosts a wide range of learning modules, event information, resources and more. This resource provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills to help tackle a range of health inequalities issues. Anyone can sign up for a username to access for free.

A new Hub has been created on the VLE - Challenging Poverty Stigma learning hub is aimed at those who work in frontline public services with some of the sections dedicated to those in management roles. It creates an opportunity for you to develop your understanding of poverty stigma and discrimination. It will introduce new ways to challenge poverty stigma and enable you to implement changes to your practice. Challenging Poverty Stigma Hub can be accessed here - <https://elearning.healthscotland.com/course/view.php?id=577>

On the VLE you will find key areas where you can get quick access to a range of topics and an area where course participants can interact with other staff in a virtual meeting room area. View the quick links below;

- Health Inequalities – <https://elearning.healthscotland.com/course/view.php?id=597>
- Public Health Workforce Development – <https://elearning.healthscotland.com/course/view.php?id=566>
- Early Years - <https://elearning.healthscotland.com/course/view.php?id=596>
- Health Behaviour Change - <https://elearning.healthscotland.com/course/view.php?id=598>
- Improving Practice - <https://elearning.healthscotland.com/course/view.php?id=599>
- Mental Health - <https://elearning.healthscotland.com/course/view.php?id=600>
- Equality and Human Rights - <https://elearning.healthscotland.com/course/view.php?id=601>
- Healthy Working Lives - <https://elearning.healthscotland.com/course/view.php?id=602>
- Challenging Poverty Stigma Hub - <https://elearning.healthscotland.com/course/view.php?id=577>

- Meeting rooms where participants can engage with others - <https://elearning.healthscotland.com/enrol/index.php?id=583>

The content is best viewed in modern web browsers, such as Google Chrome or Microsoft Edge.

Maternal Health, Infant & Early Years	Course Descriptor	Provider	Cost / other info
Understanding maternal mental health e-module	Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identifies risk and protective factors for mental ill health and explores current evidence about prescribing in pregnancy and during breastfeeding. Completion time is around 1.5 hours. http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx	NHS Education for Scotland	Free
Addressing Postnatal Depression as a Healthcare Professional	Learn how postnatal depression affects parental mental health and how to provide support on this BPS-approved course. https://www.futurelearn.com/courses/guided-self-help-for-postnatal-depression	University of Exeter via Future Learn	Free
Maternal mental health: the woman's journey	This module takes the learner through the woman's journey from pre-conception to the postnatal year. The learner is encouraged to understand their own role in promoting and supporting a woman's mental health in the context of coordinated multi-agency care. This module represents around 2.5 hours of learning. http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx	NHS Education for Scotland	Free
Essential perinatal	This is the Introduction module for the Essential Perinatal and Infant Mental Health Resource	NES via TURAS	Free

<p>and infant mental health : introduction</p>	<p>for specialist services. Key terms: perinatal community mental health team; mother and baby unit; neonatal</p> <p>https://learn.nes.nhs.scot/Search/SearchResults?searchterm=Essential%20perinatal%20and%20infant%20mental%20health%20%3A%20introduction&page=1</p> <p>Requires you to register for a TURAS account - https://learn.nes.nhs.scot/</p>		
<p>Essential perinatal and infant mental health : keeping baby in mind</p>	<p>This is the module of Essential Perinatal and Infant Mental Health that focused on the Infant and the Parent-Infant Relationship Key terms: perinatal community mental health team; Mother and baby unit; Neonatal Unit; Learning Outcomes: Explain why the perinatal period is so crucial for child development and parent child relationships.</p> <p>https://learn.nes.nhs.scot/29661/elearning-psychology/essential-perinatal-and-infant-mental-health-keeping-baby-in-mind</p> <p>Requires you to register for a TURAS account - https://learn.nes.nhs.scot/</p>	<p>NES via TURAS</p>	<p>Free</p>
<p>A range of courses for couples, Families and same sex couples. For example; Understanding pregnancy, labour, birth and your baby.</p>	<p>FREE Antenatal online courses for parents that you may be working with during COVID-19 restrictions. These are available in a number of languages. Click below for more info or select your course below and click 'register and access course' use the code word TARTAN for free access.</p> <p>The following courses are available free for parents/carers in Scotland</p> <ul style="list-style-type: none"> • Understanding pregnancy, labour, birth and your baby • Understanding your baby • Understanding your child • Understanding your teenager's brain <p>May also be suitable as an introduction for staff working with families.</p> <p>Online Learning (heiapply.com)</p>	<p>Solihull</p>	<p>Free for a limited time using the code TARTAN</p>

Coping with Changes: Social-Emotional Learning Through Play	Learn how to provide playful and engaging social emotional learning (SEL) support to children affected by COVID-19 disruption. https://www.futurelearn.com/courses/coping-with-changes	The Lego Foundation via Future Learn	Free
Children and Young People	Course Descriptor	Provider	Cost other information
Understanding Depression and Low Mood in Young People	This training will enable the learner to have an understanding of low mood and depression, and help you to offer appropriate support to young people who are experiencing these difficulties via a series of relevant and evidence-based practical suggestions. https://www.futurelearn.com/courses/depression-young-people/5/todo/68403	University of Reading via future learn.	Free
Supporting Young People Using Trauma Informed Practice	Learn supportive skills from counsellors, youth workers, and mental health professionals to aid young people's mental wellbeing. Supporting Young People Using a Trauma Informed Practice - FutureLearn	Mental Health Foundation via Future Learn	Free
Psychological First Aid: Supporting Children and Young People	Learn how to support children and young people using psychological first aid On this 3-week course you will explore the techniques of psychological first aid (PFA), the globally recommended training for supporting people during emergencies. You'll focus on children and young people's mental health, and what you can do to help them cope and access the support they need during and after emergencies and crisis situations https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people	Public Health England	Free
Mindfulness: A Focus on	Get a hands-on introduction to mindfulness and its benefits. You'll be introduced to mindfulness and explore the many ways in which mindfulness can be applied in daily life.	University of	Free

Adolescents	<p>You'll be able to explore the research which demonstrates the value and effective application of mindfulness.</p> <p>https://www.futurelearn.com/search?q=mindfulness+and+adolescent</p>	Glasgow	
Alumina – Self Harm support for 14-19 year olds	<p>Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.</p> <p>https://www.selfharm.co.uk/</p>	SelfHarm UK	Free
Self Harm and Risky Behaviour	<p>This session is aimed at a universal audience and provides the background to self harm in children and teenagers, common associated conditions and the optimal approach to managing it in the community.</p> <p>https://www.minded.org.uk/Component/Details/445676</p>	MindED	Free
Digital Wellbeing	<p>Do digital technologies affect our wellbeing? Explore the concepts of health, relationships and society in the digital age. You will investigate new and established technologies and their impact on society, looking at the positives and negatives of engaging with technology. You will also learn how to ensure your own digital wellbeing, exploring: how to balance online and offline activities, how to stay safe physically and virtually, strategies for dealing with information overload and creating a positive digital identity.</p> <p>Digital Wellbeing - Online Wellbeing Course - FutureLearn</p>	University of York	Free
Application of Digital Health	<ul style="list-style-type: none"> • Research on digital health interventions in mental health 	Taipei Medical	Free

Interventions	<ul style="list-style-type: none"> • Overview of Digital Health Intervention • Explore current development of medical application • Mental illness and eHealth application <p>Digital Health - Online Course (futurelearn.com)</p>	University	
Childhood in the digital age	<p>The course is intended for anyone with a general interest in childhood studies, early childhood, education studies and child psychology and does not require any prior experience of studying this subject.</p> <p>https://www.open.edu/openlearn/education-development/childhood-the-digital-age/content-section-overview?active-tab=description-tab</p>	OpenLearn Open University	Free
Supporting Adolescent Learners: Social and Emotional Wellbeing	<p>Learn to support adolescent learners with their social and emotional wellbeing through a variety of approaches.</p> <p>https://www.futurelearn.com/courses/supporting-adolescent-learners</p>	Griffith University Australia Via Future Learn	Free
MindEd e-learning to support Healthy Minds	<p>MindEd is a free educational resource on children and young people's mental health for all adults A range of e-learning modules if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist. There is a search bar facility to navigate to find a range of courses.</p> <p>https://www.minded.org.uk/</p>	MindEd	Free
Young People and Their Mental	<p>Mental health problems often develop during the teenage period. As many as 1 out of 5 teenagers are dealing with these problems. Therefore, it is important that you know how to recognise common mental health problems, know how they arise, what you can do to</p>	University Of Cambridge Via	Free

Health	prevent them and what you should do when you actually suffer from them. This course, designed specifically for young people, will help you find out more. https://www.futurelearn.com/courses/young-people-mental-health	Future Learn	
Understanding Children and Young People's Mental Health	This qualification aims to equip you with a more detailed understanding of mental health conditions that can affect children and young people, the legislation and guidance surrounding mental health, risk factors that can affect mental well-being and the impact that mental health concerns can potentially have on young people and others. Course Length: On average, this course is completed within 5 – 10 weeks. But the more time you dedicate, the sooner you can complete it. The pace of the learning is up to you. https://strivetraining.co.uk/understanding-children-and-young-peoples-mental-health/	Strive Training	Free Course for: Anyone aged 19 or over who has been living in the European Union for the last 3 years.
Child Poverty, Health & Wellbeing	This module aims to raise your awareness of child poverty in Scotland and how poverty can impact on children and young people's health and wellbeing. The module will look at causes of child poverty, how it is measured and you will spend time considering your role in tackling child poverty. Click the following link to access this module Child Poverty, Health and Wellbeing eLearning Module Care Inspectorate Hub	Public Health Scotland	Free
Supporting children and young people's wellbeing	This free course, <i>Supporting children and young people's wellbeing</i> , looks at some of the broader concerns regarding wellbeing and the idea that children and young people today are increasingly reporting feelings of unhappiness. By completing the activities, you will be introduced to different ways of understanding children and young people's wellbeing as well as a variety of practices and services that can provide support.	OpenLearn Open University	Free

	https://www.open.edu/openlearn/health-sports-psychology/supporting-children-and-young-peoples-wellbeing/content-section-0?active-tab=description-tab		
Youth Mental Health: Helping Young People with Anxiety	Get an introduction to managing anxiety disorders in teenagers, with a course ideal for teachers and healthcare professionals. https://www.futurelearn.com/courses/youth-mental-health	University of East Anglia via Future Learn	Free
Young People and Their Mental Health	What are the most common mental health problems, what can you do about them and how do you improve your mental health? https://www.futurelearn.com/courses/young-people-mental-health	University of Cambridge Via Future Learn	Free
Children and Young People's Mental Health	By completing the qualification, learners will develop knowledge of: <ul style="list-style-type: none"> • Children and young people's mental health in context • Mental health problems commonly associated with children and young people • The impact of mental ill-health on children and young people • Support available to maintain mental wellbeing in children and young people 	NCFE	Free

Adults and General Mental Health Awareness	Course Descriptor	Provider	Cost other info
Healthy Minds Awareness Sessions	Healthy Minds is an awareness raising resource to support implementation of the NHSGG&C Mental Health Improvement Frameworks. It aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. A series of 15 sessions on topics that can affect and impact on mental health. NHSGGC : Healthy Minds Resource	Mental Health Improvement Team NHSGGC	Free
Workplace Wellbeing: How to Build Confidence and Manage Stress	The key themes in this course will help you enjoy a better work life and improved mental health at work. Topics covered in this workplace wellbeing course include how to manage stress in the workplace, reducing your workload through prioritisation, workplace roles and responsibilities, building self-esteem, and more. How to Build Self-Esteem and Manage Stress at Work - FutureLearn	Luleå University of Technology	Free
Supporting Victims of Domestic Violence	On this course, you'll address the role of gender in domestic violence and learn to recognise the various forms of violence and abuse. You'll reflect on the impact of domestic violence and understand your responsibilities as a health or social care worker. By the end of this course, you'll feel more confident to help support domestic violence victims and survivors. https://www.futurelearn.com/courses/domestic-violence	University of Sheffield	Free
Understanding	Study the influence of society and social media on how we perceive mental health	Anglia Ruskin	Free

Mental Health: Continuum, Culture and Social Media	<p>On this course, you'll learn what the mental health continuum is and why it's important to learn about mental health in this way. You'll enhance your mental health knowledge and gain a deeper understanding of mental illness through an exploration of some prevalent mental disorders.</p> <p>https://www.futurelearn.com/courses/exploring-mental-health</p>	University	
Managing Mental Health and Stress	<p>Supporting you to thrive at home during the coronavirus outbreak. Work-related stress and mental health problems often go together and the symptoms can be very similar. In this course, you will have the opportunity to discuss the definitions of mental health and stress, and explore how to recognise the key signs.</p> <p>https://www.futurelearn.com/courses/managing-mental-health</p>	Coventry University	Free
Mental Health Awareness	<p>This e-learning module has been designed to provide a broad overview of mental health issues, including the different ways in which issues can present themselves and how you can offer support.</p> <p>In this module, you will:</p> <ul style="list-style-type: none"> • Receive an overview of the background behind mental health issues including the stigma that can be involved • See the different ways in which mental health can present itself • Understand how you can help support people with mental health issues <p>https://learningpool.com/mental-health-awareness/</p>	Learning Pool	Free
Introduction to mental health	<p>The information in this website is for people who have no previous training in mental health. It will give you a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems. Many myths, misconceptions and misunderstandings about mental health exist within our society. MindSET hopes to begin to challenge these myths, misconceptions and misunderstandings so that we can develop a shared understanding of mental health that is based on fact not</p>	Northlan MindSet	Free If you would like to use this training

	<p>fiction.</p> <p>There are six sections to progress through, each with multiple-choice questions at the end. You must complete each section before you can move on to the next section. Once you have completed a section you can stop and save your work and return to the website at another time. Once you have completed all six sections you will be awarded a certificate of completion.</p> <p>http://www.northlanmindset.org.uk/index.php?pageID=78&cacheMsg=yes</p>		programme you will need to create your own user profile.
Public health and mental health promotion	<p>Examine public health from a mental health perspective, beginning with an exploration of the relationship between public health and mental health. Mental health promotion is concerned with achieving positive mental health and quality of life.</p> <p>https://www.open.edu/openlearn/health-sports-psychology/public-health/public-health-and-mental-health-promotion/content-section-0?active-tab=description-tab</p>	OpenLearn Open University	Free
Exercise and Mental Health	<p>Exercise and mental health, this free course will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood.</p> <p>https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=description-tab</p>	OpenLearn Open University	Free
Challenging ideas in mental health	<p>Take a new and different look at mental health. This free course, Challenging ideas in mental health, invites you to think differently about life's dilemmas by taking account of the views of all concerned, especially people experiencing mental distress. It explores ideas and practice in mental health, and will appeal to a wide range of people.</p> <p>https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-</p>	OpenLearn Open University	Free

	mental-health/content-section-0?active-tab=description-tab		
Food and Mood: Improving Mental Health Through Diet and Nutrition	Explore the relationship between nutrition and brain health, why it matters, and how to work towards positive food changes. https://www.futurelearn.com/courses/food-and-mood	Deakin University via Future Learn	Free
Level 2 Certificate in Awareness of Mental Health Problems	This qualification aims to raise your awareness of mental health and a range of mental health problems. You will gain an understanding of prevalent mental health problems and how you can then work with or interact with individuals with them. https://courses.independent.co.uk/training/the-skills-network/level-2-certificate-in-awareness-of-mental-health-problems-free-online-course-483202	The Skills Network	Free Requires Registration
Variety of Health Related topics Including Mental Health	A wide range of free courses on a variety of topics available on OpenLearn. Anyone can learn for free on OpenLearn, but signing-up will give you access to your personal learning profile and record of achievements that you earn while you study. https://www.open.edu/openlearn/free-courses/full-catalogue	Open Learn Open University	Free
Health Inequalities awareness	The module looks at a definition of health inequalities and asks a participant to reflect on their own practice, identifying what they can do to reduce them. Health inequalities awareness - Learning resources - Public Health Scotland	Public Health Scotland VLE	Free
Wellbeing at Work: An Introduction	Explore the theory and importance of good wellbeing at work Why is employee wellbeing important? How has employee wellbeing previously been defined	Coventry University	Free

	and what is its impact on our working lives? Introduction to Wellbeing at Work - Online Course - FutureLearn		
Workplace Wellbeing: Stress and Productivity at Work	Explore the link between work productivity and stress, and learn how improving workplace wellbeing can boost work performance. https://www.futurelearn.com/courses/stress-and-productivity-in-the-workplace	Manchester Metropolitan University Via Future Learn	Free
Supporting Victims of Domestic Violence	Learn to recognise the signs of domestic violence and support domestic violence survivors as a health or social care worker. https://www.futurelearn.com/courses/domestic-violence	University of Sheffield Via Future Learn	Free
Sleep Deprivation: Habits, Solutions and Strategies Teach-Out	Understand the impact of sleep deprivation and how to improve your own sleep with this Teach-Out from the University of Michigan. https://www.futurelearn.com/courses/sleep-deprivation	University of Michigan Via Future Learn	Free
Mental health stigma and discrimination	A free, easy to use e-Learning programme for managers and staff. Learn more about how mental health stigma and discrimination impacts people in work. Find out about rights and good practice at every stage of your working life – from recruitment, when in work and when returning to work following a period of ill-health. See Me E-Learning (seemescotland.org)	See Me	Free
Understanding Suicide and Suicide Prevention Strategies in a	On this course, you will gain a broader understanding of suicide as a worldwide issue. You will analyse global suicide rates and patterns and explore common risk factors. You will explore the social and cultural factors that can influence suicidal behaviour. You will also look at suicide prevention strategies and learn how these can be enforced in communities.	University of Glasgow	Free

Global Context	Understanding Suicide - Online Course (futurelearn.com)		
Mental Health Awareness Programme	<p>This short programme aims to raise the awareness of mental health amongst health care staff. It is designed to give a broad overview of what encompasses mental illness, the link between mental and physical health diagnoses and outline some possible treatment options. These sessions provide all staff working within health care with some general strategies to help support individuals who are worried about their mental health, and advice about where to find extra support.</p> <p>Mental Health Awareness Programme - e-Learning for Healthcare (e-lfh.org.uk)</p>	E learning for Healthcare	Free
COVID-19	Course Descriptor	Provider	Cost other info
COVID-19 Mental Health Training Course	<p>This course is primarily aimed at those who may be finding isolation challenging during the lockdown, are experiencing loneliness, anxiety or stress, or are simply struggling with furlough or working from home. Length: Approx. 30 minutes</p> <p>www.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-online-training-course</p>	British Red Cross	Access: Open, register for a free account on the online learning platform
COVID-19 and Responding to People in Mental Distress and Crisis – Learning Byte	<p>Completing this short learning byte will enable you to Understand mental distress and why someone’s mental wellbeing may be affected by the COVID-19 outbreak, Recognise when someone may be experiencing distress or crisis, Provide a compassionate and helpful response, Support self-help and problem-solving</p> <p>Who is it for? Those who are likely to have direct or substantial contact with people who may be at risk of mental ill health, distress, crisis or suicide and who play a role in supporting people’s health and wellbeing.</p>	NHS Education for Scotland	Open access

	Length: Approx. 15 minutes https://learn.nes.nhs.scot/30500/coronavirus-covid-19/practice-in-the-community-setting/mental-health-dementia-and-learning-disabilities		
COVID-19: Psychological First Aid	On this 3-week course, you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. This course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. https://www.futurelearn.com/courses/psychological-first-aid-covid-19	Public Health England	Free
COVID-19 Psychological First Aid	Psychological First Aid (PFA) is a humane, supportive and flexible response to people who are in distress or suffering during and after crises or emergencies like the current COVID-19 pandemic. https://learn.nes.nhs.scot/28724/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff/covid-19-psychological-first-aid	NHS Education for Scotland	Open access
Resilience and Wellbeing Courses	A selection of Resilience and Mental Health courses are now available for staff and their families free of charge via the Wellbeing Ecosystem. You can enrol now at no cost right here . (There are commercial courses on this site but we are only highlighting the free access courses)	Embrace	Free

We have created a range of support resources to help people address and gain support on a range of mental health issues which can be accessed from our website here: [NHSGGC : Resources](#)

Please get in touch if there are other training resources you are aware of that we could consider sharing by contacting:

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