

Hello everyone,

Welcome to our Joyful June Mental Health Snippet, I hope you find it informative. Please get in touch if you have any information you would like to share through future snippets. We have been receiving some positive feedback about the snippets so thank you. As always I've attached a word document with full hyperlinks for those who may experience issues opening the links and a zip folder with supporting snippet information.

Please feel free to cascade to colleagues and partners.

Have a good weekend everyone.

Resources

Healthy Minds: we continue to promote our Healthy Minds resource which is free to download from [here](#). All sessions are now packaged into individual folders in addition to a zipped folder that hosts the complete resource.

Jump Back July: this Action Calendar has daily suggested actions to do throughout July to help you be more resilient and find ways to cope with life's ups and downs. Download [here](#)

NHS Living Life Day: is marked on the 25th August each year. The day aims to raise awareness of the Living Life free phone service and the need for us all to take some space to maintain positive mental wellbeing. Find out more [here](#)

Samaritans Awareness Day: takes place on the 24th July. Talk to Us is one of the ways Samaritans to talk about the services they provide in their local communities by holding local events. Find out if there is an event near you [here](#)

Contact the Elderly is the national charity dedicated to tackling loneliness and social isolation amongst older people living in the United Kingdom. Provide free monthly social events for small groups of isolated older people. Find out more [here](#)

New Counselling Service for Deaf People (Glasgow city only). Funded by Glasgow City HSCP, the pilot project has been introduced in

response to consultation with Deaf people who have experienced mental health care. Information included within attached zip file.

Rape Crisis: Panic Attacks, information for survivors of sexual violence. Download [here](#)

Real People, Real Stories: new awareness campaign from Samaritans that shares real stories from men who have been through tough times and encourage other men to seek help. Details [here](#)

Healthy Relationships and consent: key messages for young people. A resource for professionals which aims to help them support young people in their understanding of healthy relationships and consent. Download [here](#)

Respect Me: have a range of free downloaded resources [here](#) to promote positive relationships.

I Am Me: is a community charity that aims to change attitudes and behaviour so that disabled and vulnerable people in Scotland feel safe in their communities. They have a range of resources for Disability Hate Crime training and also lesson plans for Primary Schools which cover disability, bullying and hate crime. All resources are available for free online [here](#)

Supporting your child's mental health: a playlist aimed at parents and carers looking for support and ideas for supporting their children mental health and wellbeing. Visit the youtube link [here](#)

Be Safe, Have Fun: the first sexual health and safety app for young people aged 14+ with autism and/or learning difficulties. Find out how to download [here](#)

Support and Information Service Leaflet: a service based at the Queen Elizabeth University Hospital. The team provides support and information and direct referrals to a range of services for patients, carers, family members and staff. More details can be found in the information leaflet included within attached zip file. Please note this service is available across all GGC main hospital sites.

Eyes Open Campaign: This summer a new child protection campaign is encouraging everyone to keep their Eyes Open for children at risk during the school holidays. Find out more [here](#)

Research/Reports

Association of Sexting with Sexual Health Behaviour and Mental Health Among Adolescents: Read it [here](#)

Is it possible to influence lifestyle choice people make who have a severe and enduring mental health problem? A motivational interviewing principles group approach? Find out more [here](#)

Britain risks heading to US levels of inequality: UK is at risk of extreme inequality in pay, wealth and health. Read more in this Guardian [article](#):

The Mood-Boosting Power of Pets: As the owner of a lovable Border collie called Yak, this resonates with me. How caring for a pet can help you cope with depression, anxiety and stress. Read more [here](#)

Community Football Teams for people with intellectual disabilities in secure settings: Read it [here](#)

1 in 5 young women have self harmed: Study reveals [here](#)

LGBT+ Health and Wellbeing research: looking for people aged 16+ to take part in research on the topic of health and wellbeing to work towards improving services to meet the needs of LGBT+ people. Flyer included within the attached zip file.

How strong relationships can improve infant mental health: Read it [here](#)

Social Media and Mental Health: stroking or stoking? Read more [here](#)

Left to their own devices, Young people, social media and mental health: a report by Barnardo's [here](#)

Mental health and suicide risk in LGBTQ students: what are the associated risk factors? Read [here](#)

Social resources help maintain mental health in mid-life: read more [here](#)

Strengthening the Front Line: investing in primary care for effective suicide prevention. Read more [here](#)

Guidance/Toolkits

National Standards for Community Engagement: are good-practice principles designed to improve and guide the process of community engagement. Download [here](#)

Closing the Employment Gap for Young People: a toolkit for those supporting 16-25 year olds experiencing common mental health problems to gain and stay in employment. Download [here](#)

Health and Safety Executive: Talking Toolkit, preventing work related stress in schools. Download [here](#)

Training/Conferences/Events

Suicide Prevention Training: flyer attached offering a range of suicide prevention courses for 2019 being facilitated by Glasgow's CHCP. Information included within attached zip file.

Self Harm Awareness and Skills training: flyer and booking included with attached zip file providing dates for a free one day training course on self harm awareness and skills.

Understanding Mental Health Level 3: this free online mental health level 3 qualification aims to provide your employees with a thorough knowledge and understanding of mental health and well-being. Access [here](#)

Celebrate LGBTQ+ and Pride Month: range of free online courses on diversity, diplomacy, inclusion and equal rights. Access [here](#)

CELCIS: A Call to Corporate Parents: Delegates will hear about, experience and take part in a whole variety of activities that will support Corporate Parents to think about and embed participation in their work. The free event will take place on Thursday 11 July in Glasgow. Register [here](#)

Children in Scotland: Supporting children and young people who internalise their distress. Please note there is a cost to this training event. Register [here](#)

Funding/Awards

Aspirational Awards: is a young people led grant funds for young people aged 21-26, resident in Scotland with at least three months care experience. Find out how to apply [here](#)

People Affected by Dementia: Life Changes Trust is offering awards of £500 to £4,000 to people with dementia and carers to create peer to peer support resources, e.g. leaflets, DVDs, videos, etc. Find out more [here](#)

People's Postcode Trust: provides funding for projects in Great Britain relating to promoting human rights, combating discrimination and poverty prevention. Apply [here](#)

Quality Improvement Awards: The Scottish Government and Healthcare Improvement Scotland are supporting the 2019 awards programme dedicated to Quality Improvement. These awards will celebrate and showcase the fantastic range of quality improvement practice that has been taking place across the length and breadth of Scotland to make services the best they possibly can be for babies, children, young people and their families in all aspects of their lives. Apply [here](#)

Just to add a note of caution, we are not in any way endorsing non NHSGG&C resources highlighted within the snippets, this is purely for information sharing and we encourage everyone to stay curious but be critical.

Please note new telephone number

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