



Mental Health Learning Opportunities

Participants may want to explore more formal training courses to further develop their knowledge and skills in mental health following completion of the basic mental health and related topics sessions. Facilitators can signpost to the following:

NHS Greater Glasgow and Clyde Mental Health Improvement Team

The team have collated a range of free online learning opportunities relating to Mental Health across the life course. For more information visit:

[Online Learning Resources Update - Mental Health - NHSGGC](#)

NHS Education for Scotland

Have developed a suite of Mental Health Improvement, and prevention of self harm and suicide learning resources to support staff across the public sector and beyond to develop the knowledge and skills needed to promote good mental health and wellbeing across the whole population and to prevent mental ill health, self-harm or suicide. To find out more visit [Mental health improvement, and prevention of self-harm and suicide | Turas | Learn \(nhs.scot\)](#). Please note you need to create a TURAS account.