

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Celebrating International Youth Day

Resources

Mental Health Improvement Resources for Schools and Youth Organisations: a one stop shop document sharing links to various resources. Download [here](#)

Food a Fact of Life: growing clubs provide young people with a wide range of experiential learning experiences research also provides mental health benefits through connecting with nature. Download support resources for planning and setting up a growing club at [Growing clubs - Food A Fact Of Life](#)

BDA; The Association of UK Dietitians: [Food and Mood Fact Sheet](#)

Green Spaces of Greater Glasgow and Clyde: signposts to [local green spaces](#) across Greater Glasgow and Clyde, and provide tips and resources on boosting wellbeing by being out in nature.

Reading/Research

The Mental Health Foundation: [Diet and mental health | Mental Health Foundation](#)

BBC: [How diet can affect your mental wellbeing - BBC Food](#)

Royal College of Psychiatrists: [Eating well and mental health | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Wellbeing Service South Glasgow: What is binge eating? Download [here](#)

Mind: Food and mood; [Explores the relationship between what you eat and how you feel, including tips on how to incorporate healthy eating into your life.](#)

The BMJ: Food and mood: [how do diet and nutrition affect mental wellbeing?](#)

Learning Opportunities

Place2Be's Mental Health Champions - Foundation Programme: Youth Scotland are delighted to partner with Place2Be to bring **FREE** valuable mental health training to youth workers (paid and voluntary) across Scotland, particularly in this challenging time of a pandemic. **Register [here](#)**

Anna Freud: Summer Participation Involvement Event; a free event for young people, parents and carers on 12th and 13th August, find out more [here](#)

Free online learning opportunities: a selection of mental health modules across the life course including children and young people. Download [here](#) (please note we continue to update this resource)

August Awareness Days

World Breast Feeding Week: is a global campaign to raise awareness and galvanise action on themes related to breastfeeding. Take place 1-7 August.

Cycle to work Day: 5th August. Take part in the UK's biggest cycle commuting event.

NHS Living Life Day: take places on August 25th. A free phone line that provides support to people over 16 with stress and anxiety. For more information visit [Living Life | NHS 24](#)

Helplines

Download our mental health helplines and website supports document for [children and young people.](#)