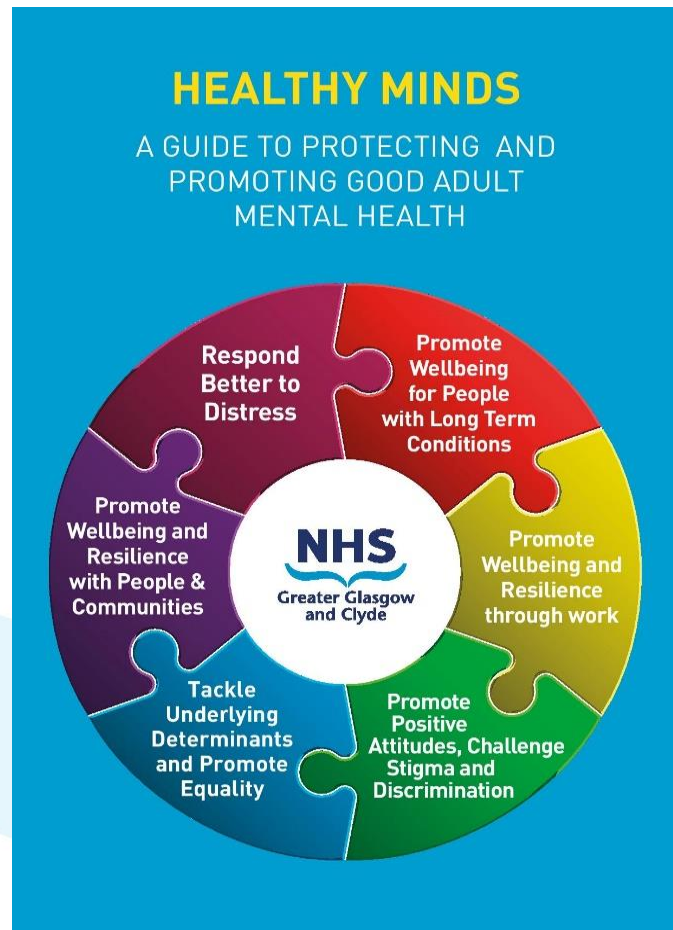


Healthy Minds



*“Mental Health is
Everyone’s
Business”*

Delivering better health

www.nhsggc.org.uk

Housekeeping

- Microphones on mute when not talking.
- Use “raise hand” function to interact with the session.
- Use chat window to comment and share throughout the session and to communicate any technical issues.

Aim and Objectives

- **Aim:** To provide an overview of the Healthy Minds resource pack which will raise awareness of basic mental health and a range of other topic areas that can impact on mental health.
- **Objective:** At the end of the session participants will be able to access and use the Healthy Minds resource pack.

What is Healthy Minds?

"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."

Mental Health Improvement & Early Intervention Framework for Children and Young People

One Good Adult

Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools

Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze

Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress

Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer Help & Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it

Healthy Minds – Adult Mental Health Improvement Framework, Greater Glasgow and Clyde

Respond Better to Distress

❖ Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

Promote Wellbeing for People with Long Term Conditions

❖ Promote holistic health for people with long term conditions – “healthy body, healthy mind”, promote recovery approaches and social inclusion

Promote Wellbeing and Resilience with People & Communities

❖ Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

Promote Wellbeing and Resilience thru Work

❖ Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

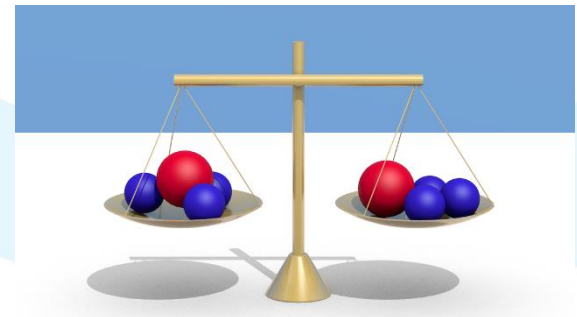
Promote Positive Attitudes, Challenge Stigma and Discrimination

❖ Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

Tackle Underlying Determinants and Promote Equity

❖ Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities

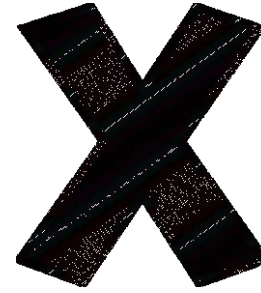
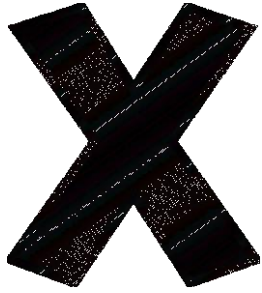
There's more....



Healthy Minds

- Online
- Free
- Downloadable
- Can be used by anyone
- Flexible and adaptable







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www.nhsggc.org.uk