

Healthy Minds: Q&A

NHS Greater Glasgow and Clyde Mental Health Improvement Team have developed a suite of awareness sessions on a range of topics that can have an impact on people's mental health and wellbeing.

What is Healthy Minds?

Healthy Minds is a free awareness raising resource to support implementation of the NHSGGC 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.

What Topics are covered?

Currently we have 17 sessions including:

- Basic Mental Health Awareness (Adult and children and young people)
- Body Image
- Emotional Literacy
- Loneliness and Isolation
- Long Term Conditions
- Loss and Grief (including Loss and Grief During COVID)
- Maternal Mental Health
- Adult Mental Health Improvement Framework
- Children and Young People Mental Health Framework
- One Good Adult
- Resilience
- Sleep
- Stigma and Discrimination
- Mental Health and Alcohol
- Menopause and Mental Health.

Who is it aimed at?

The resource is aimed at **anyone** who has an interest in raising awareness of Mental Health and Well-being.

Do I need to be an expert in Mental Health?

No prior experience or qualifications required to deliver any of the sessions. These are basic awareness sessions and there are follow-on support information and web links within the pack.

Do all sessions need to be completed and in any order?

It is not compulsory that all sessions are completed or any specific order, however the basic mental health awareness session is a good starting point.

Where can I access the resource or get further information?

The resource will be made available online and session plans and associated materials can be easily downloaded from here:

[Healthy Minds Resource - NHSGGC](#)

For information on the Healthy Minds resource, please contact the Mental Health Improvement Team at ggc.mhead@ggc.scot.nhs.uk