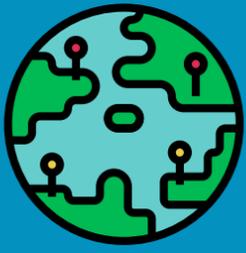


# HEALTHY MINDS



Building Mental Health  
Improvement Capacity across  
NHS Greater Glasgow and Clyde

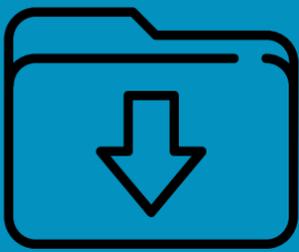
## What is Healthy Minds?



Universal resource to promote basic awareness and understanding of mental health. Can be used by anyone



Adaptable to suit the needs of facilitators and their audiences



Downloadable and free



Sessions to choose from

## What sessions are available?

Basic Mental Health Adult

Basic Mental Health CYP

Body Image

Emotional Literacy

Loneliness & Isolation

Long Term Conditions

Loss & Grief

Loss & Grief During a Pandemic

Maternal Mental Health

Mental Health & Alcohol

NHSGCC Adult MH Framework

NHSGCC CYP MH Framework

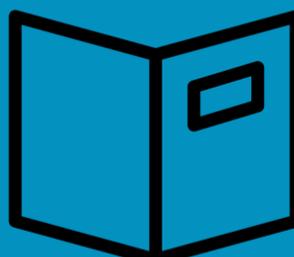
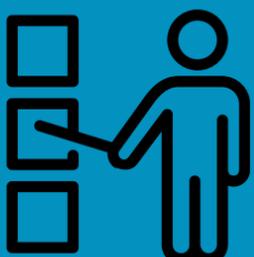
One Good Adult

Resilience

Sleep

Stigma & Discrimination

## Supporting Resources



All 16 sessions come with a powerpoint presentation, facilitator notes and supporting handouts

# Frequently Asked Questions



## Who can access the resource?

- The resource can be used by anyone with an interest in raising awareness of mental health and issues that can impact on mental health.

## Do I need to have been trained in mental health to access the resource?

- No prior experience or qualifications required to deliver any of the sessions. These are basic awareness sessions and **NOT** training. Information on formal training courses is available in the resource.

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

- No. It is not compulsory that all sessions are completed or in any specific order, however the basic mental health awareness session is a good starting point.

## Can I adapt sessions?

- Yes. Sessions can be adapted to suit the needs of your audience and available time.

## Do I have to use the powerpoint presentation?

- No. Sessions can be delivered without the presentation. The facilitators notes are structured that allows sessions to be delivered without a presentation. Sessions are very activity focussed to encourage participant engagement.

## Can the sessions be delivered online?

- Yes. We have developed [guidance](#) to support online delivery of sessions.

## Can I share the resource with colleagues and partners?

- Yes. Healthy Minds is a universal resource that can be used across different sectors; Health, Education, Housing, Social Work, Prison, Employability and Third Sector, so please share far and wide.

## Where can I access the resource?

- It is free to download from the NHSGGC Mental Health Improvement Team [website](#)

## Who can I contact if I have any questions about Healthy Minds?

- Email the NHSGGC Mental Health Improvement Team at [ggc.mhead@ggc.scot.nhs.uk](mailto:ggc.mhead@ggc.scot.nhs.uk)



"Excellent. Really well structured and easy to navigate"

"Healthy Minds is a fantastic resource, it conveys simple messages and is all there for us to use and adapt"