

Mental Health Improvement Team

International Women's Day 8th March 2026



Give to Gain

International Women's Day is an annual celebration that aims to educate society on the remarkable women's rights movement.. This year's theme is "Give To Gain" and emphasises the power of reciprocity and support. When people, organisations, and communities give generously, opportunities and support for women increase. Click on the image to find out more.



Meet the Women from the NHSGGC Mental Health Improvement and Drugs Team working to deliver on the public mental health and drugs agendas.



Heather Sloan

Health Improvement Lead,
Mental Health

Michelle Guthrie

Health Improvement Senior,
Mental Health

Laura Hills

Health Improvement Senior,
Digital Mental Health



Jo McManus

Health Improvement Lead, Drugs

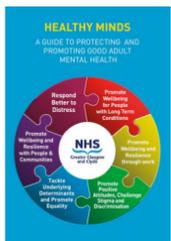


Claire Marie Blair

Health Improvement Senior, Drugs

Learning

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Menopause and Mental Health Health Minds Session (number 17): can be used by anyone to raise awareness of the impact that menopause can have on mental health. The session comes with a powerpoint presentation, facilitators notes, a supporting resources handout and is adaptable to suit the needs of audiences and time available. The session is also available in Arabic, Mandarin, Polish, Romanian and Urdu.

Exploring issues in women's health: introduces social model approaches to health and wellbeing, which take as their starting point not the scientific context of the body, but the social context in which women live. The focus is on women and the impact of social and cultural factors on women's health. The course touches on various issues concerning women's health, such as abortion, periods, the menopause, mental health and fertility.



HEARTE15: Women's Heart Health eLearning resource. A free online module is to provide an educational resource with a specific focus on women's heart health. Aimed at both health care professionals and those with lived experience audiences.

TURAS Learn: hosts a suite earning resources on gender-based violence (GBV). It is suitable for a range of healthcare professionals, and includes eLearning modules Domestic Abuse and Coercive Control. Anyone with an email address can access TURAS Learn.



Resources

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Perinatal and Infant Mental Health Good Practice Guide: a resource to support Health Care Workers, Voluntary Partners, and any community organisations that are in contact with, supporting and/or working with new and expectant parents.

Learn without fear: girls' rights school pack: A detailed lesson pack looking at the topic of gender based violence and how girls are affected by violence in school in the UK.



Where we stop. A short film about domestic abuse (coercive control, gaslighting, domestic violence). Created in collaboration with young women across Glasgow, and inspired by the writer's own experiences, it is a film created to open eyes and start conversations

The Women's Health Platform sets out information on women's health at key stages of life, from puberty to later years. While this Platform uses the term Women's Health, not only those who identify as women require access to women's health and reproductive services.



The Sandyford is the specialist sexual health service for Greater Glasgow and Clyde area. They offer a range We offer a wide range of sexual and reproductive clinics including; STI Testing, Contraception, Emergency Contraception, Abortion, Sexual Assault and Rape, Gynaecology and more.





Chest, Heart and Stroke Scotland: provides information on women's heart health. Translations available in Urdu and Punjabi.

Conversation Cafe Toolkit: a toolkit bringing together resources, recommendations and guidance on hosting independent Conversation Cafes to encourage information sharing and peer support on areas of women's health.



Disclosure Scheme for Domestic Abuse Scotland. Helps find information about whether a person has an abusive past. This information can be used to prevent someone from experiencing domestic abuse in the future

Online Harms Helplines, Websites and Reporting Mechanisms. A comprehensive overview of helplines, websites, apps, and information on appropriate reporting mechanisms for a variety of harms



Scottish Women's Rights Centre. Hosts a range of **Legal Guides** containing information about legal processes relevant to cases of abuse and violence against women, and about your rights when reporting the abuse to the Police.

Sophie's Stop is an interactive, non-profit, comprehensive resource designed collectively to connect you and loved ones with appropriate information about violence against women and girls and support services available that have been funded by Glasgow City Council.



APPS

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Balance app is a free tool and resource for perimenopausal and menopausal women so they can understand more about their menopause. Available to download for free in the App Store and Google Play.

Right Decisions for Health Care helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.



Helplines, Webchats and Online Supports

Amina's Helpline: provide a listening ear and signposting services for Muslim women across Scotland. Call free on **0808 801 0301** Mon-Fri 10am-4pm.

Breathing Space. For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87.** Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

Endometriosis UK. Whether you've just been diagnosed, have questions about treatment options or would just like someone to talk to, you call our free confidential endometriosis Helpline on **0808 808 2227.** Check [website](#) for times. If helpline is not open, [webchat](#) available.

LGBT Helpline Scotland: Provide information and emotional support to LGBT+ people, their families and friends. Call free **0800 464 7000** Tuesdays, Wednesdays & Thursdays (12-9pm) & Sundays (1-6pm).

NHS 24. Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub. If the you feel the individual is in immediate danger call **999.**

NHS Scotland Sexual Assault Response Co-ordination service (SARCS). Call the service on **0800 148 88 88.** Calls are free from landlines and mobiles. Available 24 hours a day, 7 days a week

National Stalking Helpline. Provide advice for victims of stalking and next steps. Call 0808 802 0300, 9.30 am – 8.00 pm Monday and Wednesday. 9.30 am – 4.00 pm Tuesday, Thursday, Friday.

Rape Crisis Scotland: Helpline: 08088 01 03 02 or Get in touch any day between 5pm – midnight or **Text: 07537 410 027.**
Email: support@rapecrisisscotland.org.uk or
Webchat: www.rapecrisisscotland.org.uk

Samaritans: Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123.**

Scotland's Domestic Abuse & Forced Marriage Helpline. Call **0800 027 1234** is available 24 hours, 365 days of the year. We work with our partners to tackle a range of issues, including domestic abuse, prostitution, human trafficking, forced marriage, FGM (female genital mutilation) and rape and sexual assault. or more information visit our [website](#).