



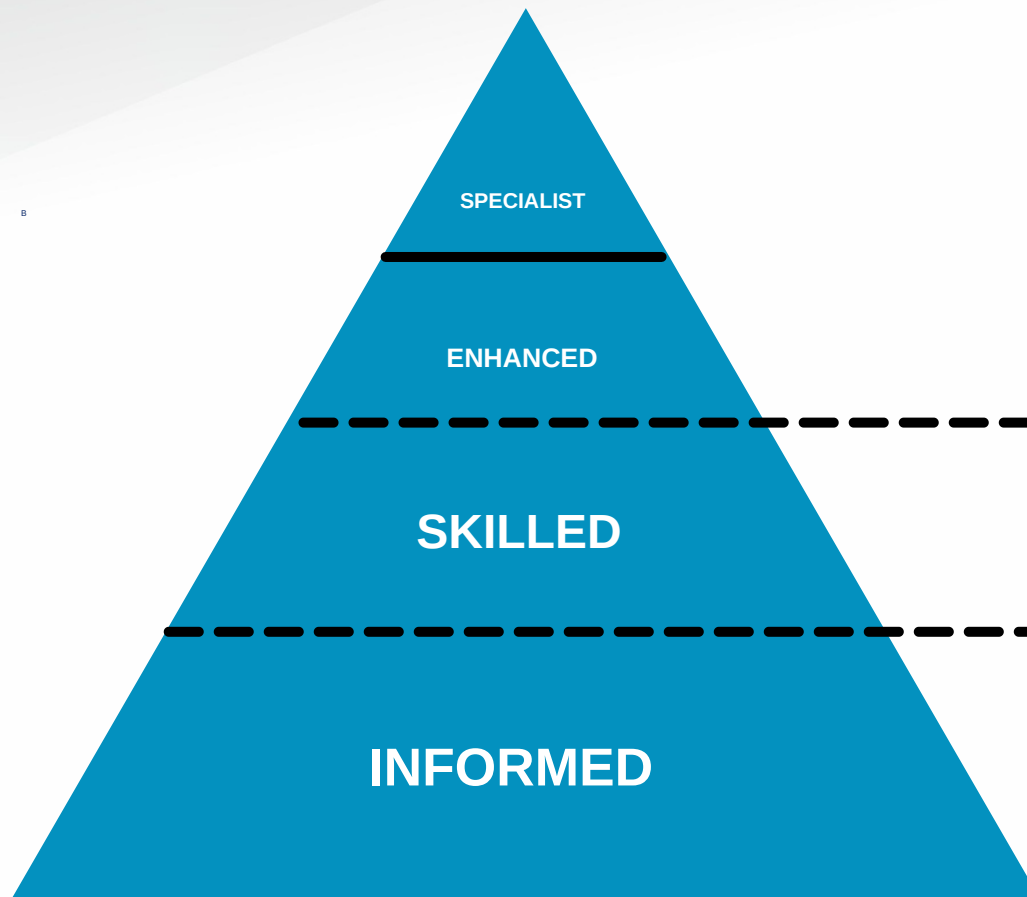
# **Mental Health Improvement Team**

## **Training and Capacity Building Calendar**

**October 2023 - March 2024**

## IMPORTANT INFORMATION

We are pleased to share our October 2023 - March 2024 Training and Capacity Building calendar which is open to any NHS Greater Glasgow & Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area.



Mental health is everyone's business and the training and development opportunities detailed in this calendar cut across the life course and support the Public Mental Health agenda. We have highlighted the appropriate levels these learning opportunities target which reflect levels set out within national curricular frameworks such as the Mental Health Improvement and Suicide Prevention Framework and the Perinatal Mental Health Curricular Framework (PNMH). The learning opportunities offered in this calendar are at an Informed level only.

**Knowledge and skills required by staff who have direct and/or substantial contact with those who are struggling with their mental health. Targeted prevention approach.**

**Baseline mental health improvement knowledge and skills are required by all staff working in health, social care, and third-sector settings. Engagement in universal prevention activities.**

- Whilst free of charge to participants, it costs the NHS to commission, organise, and facilitate these learning opportunities. If you are no longer able to attend a session, please inform our admin team ASAP, by emailing [ggc.mhead@ggc.scot.nhs.uk](mailto:ggc.mhead@ggc.scot.nhs.uk) giving at least two days' notice.
- Group bookings are not permitted, staff from the same organisation who wish to attend the same course must complete and submit their own bookings.
- Places on each session are limited to two per organisation. If we are unable to fill places, this may change.





Session	Information	Target Group	Date	Time
<p><b>Online Harms and Mental Health: Healthy Minds Session</b></p> <p>Level: Informed</p>	<p>This basic awareness session explores the range of harms that can occur online, how they can impact mental health and wellbeing, and the different ways to support the mental health and wellbeing of those who have experienced online harm. The session will also provide information on a range of resources, supports, and reporting mechanisms.</p>	<p>Any NHS Greater Glasgow &amp; Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area.</p>	<p>Thursday 5th October, 2023</p>	<p>10.00 am - 11.30 am MS Teams <a href="#">Click here to book a space</a></p>
			<p>Wednesday 13th December, 2023</p>	<p>1.00 - 2.30 pm MS Teams <a href="#">Click here to book a space</a></p>
<p><b>Mental Health Resources Information Session</b></p> <p>Level: Informed</p>	<p>This session provides an overview of the range of resources that have been created by the Mental Health Improvement Team at NHSGGC that have been created to span the life course. These resources are intended to help partners plan and deliver mental health improvement work, and are free to download or access.</p>	<p>Any NHS Greater Glasgow &amp; Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area with an interest in mental health.</p>	<p>Tuesday 10th October, 2023</p>	<p>1.00 pm - 2.30 pm MS Teams <a href="#">Click here to book a space</a></p>



Session	Information	Target Group	Date	Time
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**Aye Mind: Healthy Minds Session**

Level: Informed

This is a basic awareness-raising session that provides an overview of the newly refreshed Aye Mind resource. Aye Mind is a resource for anyone who works with young people to help them build their skills and confidence in using digital tools to support young people's mental health and wellbeing.

Any NHS Greater Glasgow & Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area, who work with children and young people and who are interested in developing their digital skills.

Wednesday 11th October, 2023

1.00 pm - 2.30 pm  
MS Teams  
[Click here to book a space](#)

Tuesday 14th November, 2023

10.00 - 11.30 am  
MS Teams  
[Click here to book a space](#)



Session	Information	Target Group	Date	Time
<p><b>Menopause and Mental Health Healthy Minds Session</b></p> <p>Level: Informed</p>	<p>World Menopause Day is on October 18th, 2023. This basic awareness session aims to dispel some of the myths surrounding menopause, explore the impact of menopause on mental health and wellbeing, and how we can support people going through menopause. It will also provide useful information and supports.</p>	<p>Any NHS Greater Glasgow &amp; Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area with little or no knowledge of menopause and how it impacts on mental health.</p>	<p>Wednesday 18th October, 2023</p>	<p>10.00 am - 11.30 am MS Teams <a href="#">Click here to book a space</a></p>
			<p>Wednesday 18th October, 2023</p>	<p>1.00 pm - 2.30 pm MS Teams <a href="#">Click here to book a space</a></p>
<p><b>Screen Time and Mental Health Healthy Minds Session</b></p> <p>Level: Informed</p>	<p>This basic awareness session aims to dispel some of the myths surrounding screen time, explore the effects screen time can have on mental health and wellbeing, and offer strategies on how to manage screen time positively. The session will also provide useful information and supports.</p>	<p>Any NHS Greater Glasgow &amp; Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area, with little or no knowledge of screen time and mental health.</p>	<p>Tuesday 5th December, 2023</p>	<p>10.00 am - 11.30 am MS Teams <a href="#">Click here to book a space</a></p>
			<p>Thursday 25th January, 2024</p>	<p>10.00 am - 11.30 am MS Teams <a href="#">Click here to book a space</a></p>

# ADDITIONAL INFORMATION

## Training Pathway

The NHS Greater Glasgow and Clyde Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway is a tool to encourage the public health workforce to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health. It is free to download from our team website, [here](#).



## Resources

Our website hosts a range of Mental Health Improvement Resources, free to access and download. Please visit our website [here](#)

Mental Health resources are also available free to order from the NHSGGC Public Health Resource directory. This is open to anyone working in the Greater Glasgow and Clyde area. Find out more [here](#)

