

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Mental Health Resources: Across the Life Course

Please note all resources with an * next to them can be ordered free from our Public Health Resources Directory by anyone living or working in the Greater Glasgow and Clyde area. You will be required to create an account.

<https://www.hpac.nhs.uk/HPAC/HPACIndex.jsp?sitename=www.phrd.scot.nhs.uk> All our resources can also be downloaded free from our team website <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/>

Infant and Maternal Health

***Perinatal Mental Health Guide:** A staff guide to encourage conversations about mental health during the perinatal period. It also provides information on organisations and resources available across GGC that offer support to new or expectant parents and their families.

Child and Youth

***Transforming Child and Youth Mental Health: a guide to protecting and promoting good mental health:**

A resource that provides information on a range of issues affecting children and young people including depression, suicide, self harm, body image, loss and grief and resilience with signposting to useful websites and recommended training. It also shows how organisations can use the NHSGGC Child and Youth prevention and early intervention mental health framework to plan for mental health improvement activity. The booklet opens out and can be used as a poster to display the top ten tips resilience poster.

Adult

***Healthy Minds: A guide to protecting and promoting good adult mental health:** A resource that provides information on a range of key mental health issues affecting adults including anxiety, depression, suicide, self harm, maternal mental health, loneliness and isolation and loss and bereavement. It also provides information on how organisations can use the Healthy Minds mental health framework to plan for mental health improvement. The booklet opens out and can be used as a poster to display the top ten tips resilience poster

***Healthy Minds Pocket Guide:** This credit card size resource provides information on an organisation in each of the 6 Health and Social Care partnership areas (Glasgow, East Renfrewshire, Renfrewshire, Inverclyde, East Dunbartonshire, West Dunbartonshire) that provide free mental health supports for adults. It also offers some top tips for looking after your mental health and what to do if you are concerned about an individual's mental health.

Please note, this resource is still to be added to the system which should be very soon.

Across the Life Course

***Resilience Top Ten Tips Poster:** a colourful, eye catching A3 poster that cuts across the life course. It provides simple strategies to help develop and build resilience. *Please note, this resource is still to be added to the system which should be very soon. We are in the process of arranging translated copies (10 most common languages used across GGC) of this poster to be made available to order from our Public Health Resources Directory and to download from our website. We will let you know when these are available.*

Healthy Minds Resource Pack: offers a suite of awareness sessions on a range of topics that can have an impact on people's mental health and wellbeing. Can be accessed and used by **anyone** who has an interest in raising awareness of Mental Health and Well-being. Download free from <https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/>