

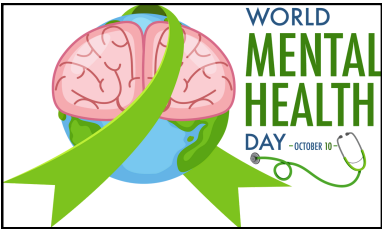
Mental Health Improvement Team

World Mental Health Day (10th October 2025)



Access to Services – Mental Health in Catastrophes and Emergencies

This year’s World Mental Health theme is “ **Access to Services – Mental Health in Catastrophes and Emergencies**”. This theme emphasises the critical need for mental health support during crises and highlights that everyone deserves to have their mental health protected, regardless of the challenges they face. The key aspects of the theme include:



click on image to download information

Focus on Crises

- The theme draws attention to the support required for mental health during disasters and emergencies.

Accessibility

- It underscores the importance of ensuring that people can access the mental health services they need, even in difficult times.

Global Awareness

- The theme aims to raise awareness about mental health and inspire positive changes worldwide.

Resources

click on images to download information

British Red Cross have developed a guide to help parents and care givers talk to children about war, those directly affected by conflict and for children who may have friends in conflict settings. It can also help parents support and care for their children who may be struggling to find explanations after watching disturbing images on TV or on social media. Available in different languages.



UK Trauma Council “Responding to Critical Incidents in Educational Communities” resources help staff in early years settings, schools and alternative provision and college respond to potentially traumatic events.



NHS GGC Mental Health Improvement Team “Resources for Early Years, Schools and Youth Organisations” is a comprehensive package of mental health improvement resources to help protect, promote, and support the mental health and wellbeing of children and young people.



Mental Health Foundation have a range of mental health resources for asylum seekers and refugees, who are at particular risk of mental health problems.



Mind to Mind is the place to find real peoples’ experiences of dealing with common emotional problems. If you’re feeling anxious, stressed, low, having problems sleeping, or dealing with grief or loneliness – you aren’t alone.



NHS GGC Mental Health Improvement Team “Suicide Postvention Resource” provides useful information and resources for staff supporting people who have lost someone to suicide. Suicide Postvention refers to the support provided to those affected by the death of someone by suicide.



NHS GGC Mental Health Improvement Team “Mental Health Helplines, Apps and Websites” a directory of mental health Apps, helplines, and websites to support staff with signposting and sharing of information that is appropriate to need. For adult directory click [here](#) and children and young people click [here](#).



Five Steps to Wellbeing.

Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.



Helplines and Online Support

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.



Childline. Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit www.childline.org.uk



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.



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



Self-harm Network Scotland. Offer an online portal to provide information and support for people who are living with self-harm aged 12+. Immediate support available via webchat and recovery-focused tools. **Click on image for info.**



SHOUT is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. **Text SHOUT to 85258.**



If you would like to unsubscribe from our snippet, please email ggc.mhead@nhs.scot