Online Learning Resources – Mental Health
NHSGGC Mental Health Improvement Team

During recent times the capacity to have face to face training is minimal. It is with this in mind we the NHS Greater Glasgow and Clyde Mental Health Improvement Team have collated a range of free online learning opportunities relating to Mental Health. We have laid these out in a life course approach. This list is **not an endorsement** but rather a snapshot of learning resources that are out there. We encourage learners to be curious but stay critical. The training we will be highlighting will be in general at the informed and skilled levels of the Mental Health Improvement and Suicide Prevention Framework.

The Mental Health and Suicide Prevention Curricular Framework domains cover the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery, preventing self-harm and suicide, and the knowledge and skills required across 4 levels of practice: informed, skilled, enhanced and specialist. For more detail see here: Mental- health-improvement-and-suicide-prevention-framework

In addition you may find it useful to refer to our Teams Training Pathway where you will find further training links aligned to levels - Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway - NHSGGC

Our team also has a range of useful Mental Health resources can be accessed from our Team Site here; Mental Health Improvement - NHSGGC

The list of Mental Health awareness and training opportunities are by no means exhaustive and you may like to populate the grid with other online resources or topic areas to suit your needs. The courses have been chosen from Quality Assured providers and as far as possible we have highlighted are free at the point of use. Online learning can be very useful for those who have limited capacity re time; however it should never replace face to face training in its entirety as there is a richness, value and experience that participants can bring to training.

Need help with a mental health problem?

Please ensure that you consider your own wellbeing in undertaking any learning in the mental health sphere and be prepared to draw onavailable support systems, such as staff wellbeing resources, should the need arise.

Prepared by Heather Sloan, Health Improvement Lead (Mental Health) – NHSGGC Mental Health Improvement Team – Updated 14th August 2025 - Version 7

If you need help with a mental health problem or need emotional support please contact one of the helplines below, visit your GP surgery orcall NHS 24: **111** (24 hours, every day)

Samaritans are available 24 hours a day, 7 days a week on 116 123. Your call will be confidential and will be taken by a trained Samaritansvolunteer. Alternatively you can email jo@samaritans.org

Breathing Space is available between 6pm and 2am Monday to Thursday and Weekend: Friday 6pm-Monday 6am on **0800 83 85 87** (callsare free of charge). Your call will be taken by an employed mental health advisor.

SHOUT Text **SHOUT to 85258 - For support in a crisis, free on all major phone networks. Text service.** https://www.giveusashout.org/

ChildLine - Online on the phone anytime - Call **0800 1111**   ChildLine | Free counselling service for kids and young people | ChildLine

For those experiencing distress and or suicidal thoughts; https://stayingsafe.net

If you live in the Glasgow City area contact Lifelink on 0141 554 4434 or https://www.lifelink.org.uk/

If you are feeling suicidal, please tell someone who will take you seriously and be able to help and do this as soon as possible. Tell a familymember, friend, colleague, health professional or call one of the helplines above.

Worried about Someone? In emergency call 999 – In a Crisis call 111

Public Health Scotland's newly revamped Virtual Learning Environment (VLE) hosts a wide range of learning modules, event information, resources and more. This resource provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotlandwith the knowledge and skills to help tackle a range of health inequalities issues. This space hosts a wide range of learning modules, event information, resources and more. The VLE aims to provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills to help tackle a range of health inequalities issues.

On the VLE you will find key areas where you can get quick access to a range of topics and an area where course participants can interactwith other staff in a virtual meeting room area. Topics include; Health Inequalities, Public Health Workforce Development, Early Years, Health Behaviour Change - Improving Practice, Mental Health, Equality and Human Rights Healthy Working Lives, Challenging Poverty Stigma Hub.

Anyone can sign up for a username to access for free by clicking on this link; Virtual Learning Environment (publichealthscotland.scot)

Supporting People at risk of self-harm: a learning byte designed to support staff to develop their knowledge and practice at the Skilled Level. It is recommended that Informed Level Resources are completed before accessing the skilled level. https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide

To access the latest Masterclasses and webinars on a range of topics see here: Masterclasses and Webinars | Turas | Learn

PHS also has a new Health Inequalities learning hub - it is suitable for anyone who has an interest in understanding health inequalities in Scotland and the steps you can take to help reduce them. You will focus on understanding the link between discrimination, inequality, and health Inequalities. Course: Health inequalities - learning hub (publichealthscotland.scot)

Are you concerned about Online Harms? Check out: Online Harms Module: A free e-learning module that helps staff gain knowledge and resources around online safety concerns and understand how they can assist those they support in dealing with these issues and minimising their potential harm. Available via Turas, to register click here:

Maternal Mental Health and Early Years	Course Descriptor	Provider	Cost other information
Essential Perinatal and Infant Mental Health – E-Learning Modules	Each module takes between 30 and 45 minutes and supports staff induction and CPD at enhanced and specialist levels as outlined in the curricular framework. Staff groups would include all mental health staff, including adult, CAMHS, addictions etc. as well as maternity, primary care, health visiting and third sector staff who work in an enhanced role and staff working within specialist PIMH services. 1. Introduction (time to complete: 45 minutes) 2. Keeping Baby in Mind (time to complete: 45 minutes) 3. Stigma (time to complete: 35 minutes) 4. Risk in the Perinatal Period (time to complete: 30 minutes) 5. Assessment (time to complete: 45 minutes) 6. Interventions (time to complete: 35 minutes) 7. Pharmacological interventions (time to complete: 30 minutes) You need a Turas account to access the modules sign up here; Turas | Sign up	NES via TURAS Essential Perinatal and Infant Mental Health – E-Learning Mo (scot.nhs.uk)	Free

Coping with Changes: Social-Emotional Learning ThroughPlay	Learn how to provide playful and engaging social emotional learning (SEL) support to children https://www.futurelearn.com/courses/coping-with-changes	The Lego Foundation via Future Learn	Free
MindEd Early Years	**Free e-learning sessions** designed specifically to help you develop your understanding of child mental health, and to provide tips and advice on how to support mental health and wellbeing in the early years. MindEd training | PACEY	MindEd via Pacey	Free
Early Years Resource	**Early Years Scotland** has worked alongside the Scottish Government, NHS Scotland, SSSC and Education Scotland to produce a new resource for people who work with babies, infants and young children and help support their mental health and wellbeing. **The Mental Health & Wellbeing Learning Resource for Early Years Professionals** highlights learning materials (best practice guidance, online modules, websites, animations etc.) to help learning around mental health and wellbeing. Mental Health & Wellbeing Learning Resource for Early Years Professionals	Early Years Scotland	Free
Parent support	FREE FAMILY COURSES Parent Network Scotland is a charity which supports positive wellbeing and healthy relationships within families to ensure children receive the best start in life through our online and face-to-face family courses. ONLINE AND FACE TO FACE Parent Network Scotland offers parents tools and techniques to enhance the whole family experience. We offer free face-to-face courses for parents plus online programmes run by our fully trained family facilitators, all of whom have completed our programmes. SUPPORTING YOU AND YOUR FAMILY The parent-to-parent model that we subscribe to shows that parents with the right support can enjoy parenting to the fullest.	Parent Network Scotland	Free

	Parent Network Scotland believes that parents matter because children matter. **TRAUMA INFORMED PROGRAMMES** At Parent Network Scotland, we aim not only to be a trauma-informed organisation, but in fact a trauma-responsive organisation who actively work towards supporting parents and practitioners' experiences in helping families thrive in the face of adversity. We also engage with practitioners to better support parents and children who may have experienced trauma. We do this in keeping with our Scottish Government's Roadmap for Creating Trauma-Informed and Responsive Change. **Free parenting classes and courses, online and face to face.**		
Children and Young People	Course Descriptor	Provider	Cost other information
Children and Young People's Mental Health and Wellbeing A professional Learning Resource For All School Staff	The Mental Health Foundation Scotland, Digital Bricks Learning and Children's Health Scotland have created a Professional Learning Resource for Scottish Government in Mental Health and Wellbeing. It has been designed for all staff working in schools across Scotland. It is open access and available to anyone who may find it of benefit. The resource takes a whole school approach centred to prevention and early intervention to promote positive mental health and wellbeing for everyone in the school community. It aims to provide school staff with knowledge and understanding of mental health and wellbeing in schools and a range of opportunities to learn about experiences and advice from practitioners and young people. CYPMH – Professional Learning Resource	National Partnership Resource	Free
Understanding Depression and Low Mood in Young People	This training will enable the learner to have an understanding of low mood and depression,and help you to offer appropriate support to young people who are experiencing these difficulties via a series of relevant and evidence-based practical suggestions. https://www.futurelearn.com/courses/depression-young-people	**University of Reading via future learn.**	Free
Supporting Young People Using Trauma Informed Practice	Learn supportive skills from counsellors, youth workers, and mental health professionals toaid young people's mental wellbeing. Supporting Young People Using a Trauma Informed Practice - FutureLearn	**Mental Health Foundation via Future Learn**	Free

Psychological First Aid: Supporting Children and Young People	**Learn how to support children and young people using psychological first aid** On this 3-week course you will explore the techniques of psychological first aid (PFA), the globally recommended training for supporting people during emergencies. You'll focus onchildren and young people's mental health, and what you can do to help them cope and access the support they need during and after emergencies and crisis situations https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people	**Public Health England**	Free
Supporting young people's mental wellbeing post Covid	**Supporting young people's mental wellbeing post-COVID** Reflect on how the COVID pandemic may have impacted young people's mental wellbeing and explore ways to support them. How to Support Young People's Mental Wellbeing Post-COVID - FutureLearn	**Future Learn**	Free
Supporting children's mental health and wellbeing	After studying this course, you should be able to: • understand the influences on mental health in young children age 0–5 • identify the factors that contribute to good mental health in children • explore national and global influences on children's mental health • develop knowledge about strategies and interventions to improve mental health in children • Examine how adults and society can support children's mental health and wellbeing. Supporting children's mental health and wellbeing	OpenLearn - Open University	**Open University**	Free statement of Participation on completion

Alumina – Self Harm support for 14-19 year olds	Alumina is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets orlaptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just joinin via the chat box. We want to help you to find your next steps towards recovery, wherever you are on your journey. https://www.selfharm.co.uk/	SelfHarm UK	Free
Self-Harm and Risky Behaviour	This session is aimed at a universal audience and provides the background to self-harm in children andteenagers, common associated conditions and the optimal approach to managing it in the community. https://www.minded.org.uk/Component/Details/445676	MindED	Free
Digital Wellbeing	Do digital technologies affect our wellbeing? Explore the concepts of health, relationships and societyin the digital age. You will investigate new and established technologies and their impact on society, looking at the positives and negatives of engaging with technology. You will also learn how to ensure your own digital wellbeing, exploring: how to balance online and offline activities, how to stay safe physically and virtually, strategies for dealing with information overload and creating a positive digitalidentity. Digital Wellbeing - Online Wellbeing Course - FutureLearn	University of York	Free
Childhood in the digital age	The course is intended for anyone with a general interest in childhood studies, early childhood, education studies and child psychology and does not require any prior experienceof studying this subject. https://www.open.edu/openlearn/education-development/childhood-the-digital- age/content-section-overview?active-tab=description-tab	OpenLearn Open University	Free statement of participation on completion

Digital and Data Skills Hub (NES)	**Digital and Data Skills Resource Hub** Developed in collaboration with stakeholders, the Digital and Data Skills Hub will make it easier to find online resources that enable the development of digital and data skills across the health and social care workforce. Learning & Development | Turas | Learn (nhs.scot)	**NES via Turas**	Free – sign up required
MindEd e-learning to support HealthyMinds	MindEd is a free educational resource on children and young people's mental health for all adults A range of e-learning modules if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care,education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist. There is a search bar facility to navigate to find a range of courses. https://www.minded.org.uk/	**MindEd**	Free
Mental Health and Well-being	This session is aimed at a universal audience and aims to help practitioners to describe mental health and well-being and identify the wider social determinants which protect vulnerable children and adolescents. MindEd Hub	**MindEd**	Free
Young People and Their Mental	Mental health problems often develop during the teenage period. As many as 1 out of 5 teenagers are dealing with these problems. Therefore, it is important that you know how to recognise common mental health problems, know how they arise, what you can do to	**University Of Cambridge Via**	Limited Free access

Health	prevent them and what you should do when you actually suffer from them. This course,designed specifically for young people, will help you find out more. https://www.futurelearn.com/courses/young-people-mental-health	Future Learn	
An Introduction to Supporting Child Mental Health	Supporting Child Mental Health: An Introduction This course was developed to help give parents information to keep their child safe in a crisis, this was in response to the increasing amount of messages we were receiving from worried & frightened care givers. Both proactive and reactive support. An Introduction to Supporting Child Mental Health (thinkific.com)	Bridge the Gap	Free
Child Poverty, Health & Wellbeing	This module aims to raise your awareness of child poverty in Scotland and how poverty can impact on children and young people's health and wellbeing. The module will look at causesof child poverty, how it is measured and you will spend time considering your role in tacklingchild poverty. Click the following link to access this module Child Poverty, Health and Wellbeing eLearningModule | Care Inspectorate Hub	Public Health Scotland	Free
Supporting children and young people's wellbeing	This free course, *Supporting children and young people's wellbeing,* looks at some of the broader concerns regarding wellbeing and the idea that children and young people today areincreasingly reporting feelings of unhappiness. By completing the activities, you will be introduced to different ways of understanding children and young people's wellbeing as well as a variety of practices and services that can provide support.	OpenLearn Open University	Free

	https://www.open.edu/openlearn/health-sports-psychology/supporting-children-and-young- peoples-wellbeing/content-section-0?active-tab=description-tab		
Range of MH and Wellbeing modules	A range of free learning opportunities on mental health and wellbeing. Search | OpenLearn - Open University	Open University	Free
Youth and Mental Health	This youth mental health tutorial provides a general overview of mental health. The goals of this tutorial are to provide young people with information about mental health challenges, to encourage young people to start a conversation about mental health with others in their lives and to reach out for support if they are struggling. Course: Youth and Mental Health 101 | CAMH (camhx.ca)	CAMH	Free
Young People and Their Mental Health	What are the most common mental health problems, what can you do about them and how do you improve your mental health? https://www.futurelearn.com/courses/young-people-mental-health	University of Cambridge Via Future Learn	Limited Free access
Youth Mental Health: Supporting Young People Using a Trauma Informed Practice	Youth Mental Health: Supporting Young People Using a Trauma Informed Practice Learn supportive skills from counsellors, youth workers, and mental health professionals to aid young people's mental wellbeing. Supporting Young People Using a Trauma Informed Practice - FutureLearn	Mental Health Foundation via Future Learn	Free

Adults and General Mental Health Awareness	Course Descriptor	Provider	Cost other info
Healthy Minds Awareness Sessions	Healthy Minds is an awareness raising resource to support implementation of the NHSGG&C Mental Health Improvement Frameworks. It aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mentalhealth and wellbeing. A series of 15 sessions on topics that can affect and impact on mental health. Healthy Minds Resource - NHSGGC	MH Improvement Team NHSGGC	Free
Workplace Wellbeing: How to Build Confidence and Manage Stress	The key themes in this course will help you enjoy a better work life and improved mental health at work. Topics covered in this workplace wellbeing course include how to manage stress in the workplace, reducing your workload through prioritisation, workplace roles andresponsibilities, building self-esteem, and more. How to Build Self-Esteem and Manage Stress at Work - FutureLearn	Luleå University of Technology	Limited Free access
Supporting Victims of Domestic Violence	On this course, you'll address the role of gender in domestic violence and learn to recognisethe various forms of violence and abuse. You'll reflect on the impact of domestic violence and understand your responsibilities as ahealth or social care worker. By the end of this course, you'll feel more confident to help support domestic violencevictims and survivors. https://www.futurelearn.com/courses/domestic-violence	University of Sheffield	Limited Free access

Understanding Mental Health: Continuum, Culture and SocialMedia	Study the influence of society and social media on how we perceive mental health. On this course, you'll learn what the mental health continuum is and why it's important to learn about mental health in this way. You'll enhance your mental health knowledge and gaina deeper understanding of mental illness through an exploration of some prevalent mental disorders. https://www.futurelearn.com/courses/exploring-mental-health	Angela Ruskin University	Limited Free Access
Exercise and Mental Health	Exercise and mental health, this free course will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of therole of exercise in combating stress, anxiety and depression, and in enhancing mood. https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and- mental-health/content-section-0?active-tab=description-tab	OpenLearn Open University	Free
Challenging ideasin mental health	Take a new and different look at mental health. This free course, Challenging ideas in mental health, invites you to think differently about life's dilemmas by taking account of the views ofall concerned, especially people experiencing mental distress. It explores ideas and practice in mental health, and will appeal to a wide range of people. Challenging ideas in mental health	OpenLearn - Open University	OpenLearn Open University	Free Limited access

Food and Mood: Improving Mental Health Through Diet and Nutrition	Explore the relationship between nutrition and brain health, why it matters, and how to worktowards positive food changes. https://www.futurelearn.com/courses/food-and-mood	Deakin University via Future Learn	Free Limited access
Variety of Health Related topics Including Mental Health	A wide range of free courses on a variety of topics available on OpenLearn. Anyone can learnfor free on OpenLearn, but signing-up will give you access to your personal learning profile and record of achievements that you earn while you study. https://www.open.edu/openlearn/free-courses/full-catalogue	Open Learn Open University	Free
Wellbeing at Work: An Introduction	**Explore the theory and importance of good wellbeing at work** Why is employee wellbeing important? How has employee wellbeing previously been defined	Coventry University	Free

	and what is its impact on our working lives? Introduction to Wellbeing at Work - Online Course - FutureLearn		
Workplace Wellbeing: Stress and Productivity at Work	Explore the link between work productivity and stress, and learn how improving workplacewellbeing can boost work performance. https://www.futurelearn.com/courses/stress-and-productivity-in-the-workplace	Manchester Metropolitan University Via Future Learn	Free limited access
Supporting Victims of Domestic Violence	Learn to recognise the signs of domestic violence and support domestic violence survivors asa health or social care worker. https://www.futurelearn.com/courses/domestic-violence	University of Sheffield Via Future Learn	Free Limited access
Mental health stigma and discrimination	A free, easy to use e-Learning programme for managers and staff. Learn more about how mental health stigma and discrimination impacts people in work. Find out about rights and good practice at every stage of your working life – from recruitment, when in work and whenreturning to work following a period of ill-health. See Me	E-Learning (seemescotland.org)	See Me	Free
Understanding Suicide and Suicide PreventionStrategies in a global context.	On this course, you will gain a broader understanding of suicide as a worldwide issue. You willanalyse global suicide rates and patterns and explore common risk factors. You will explore the social and cultural factors that can influence suicidal behaviour. You will also look at suicide prevention strategies and learn how these can be enforced in communities. Understanding Suicide - Online Course (futurelearn.com)	University of Glasgow	Free

Understanding Self Harm and Suicidal Thinking	Description: Young people who self-harm feel they are often misunderstood, something you will discover when watching Lucy and Ayesha's tell their stories. https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_42929_43709&programmeId=42929#	MindEd	Free
A Psychological Approach to Understanding and Preventing Suicide	A suite of 4 modules that will provide learners with the knowledge and resources to empower and enable them to respond compassionately to people who are suicidal. The modules aim to improve the understanding of the complex set of factors that lead to suicide, to provide a framework to make sense of suicide and an overview of the evidence of what works to prevent suicide. Throughout the modules, the importance of viewing suicide as a psychological phenomenon but driven by a diverse range of factors will be highlighted. Module 1. An overview of suicide Module 2. Psychological risk and protective factors Module 3. The Integrated Motivational-Volitional model of suicidal behaviour Module 4. What works to prevent suicidal behaviour? https://learn.nes.nhs.scot/	NES Via Turas – free sign-up for Turas account	Free Via Turas account

Mental Health Awareness Programme	This short programme aims to raise the awareness of mental health amongst health care staff. It is designed to give a broad overview of what encompasses mental illness, the link between mental and physical health diagnoses and outline some possible treatment options. These sessions provide all staff working within health care with some general strategies to help support individuals who are worried about their mental health, and adviceabout where to find extra support. Mental Health Awareness Programme - e-Learning for Healthcare (e-lfh.org.uk)	E learning for Healthcare	Free
Understanding Autism	By the end of the course, you'll be able to... • Investigate autistic differences • Identify differences in social communication skills and understand why these differences occur • Summarise knowledge of sensory experiences and repetitive behaviours • Explain why many autistic people have co-occurring conditions • Identify the strengths and difficulties experienced by autistic people • Explore and discuss lived experiences of autistic people Understanding Autism - Free Online Autistic Course - FutureLearn	University of Kent via Future Learn	Free

The Many Faces of Dementia	This course covered four less common diagnoses of dementia, the people involved and the implications of these for our wider understanding. Core topics included: • the symptoms and science behind familial Alzheimer's disease • behavioural variant frontotemporal dementia • dementia with Lewy bodies and posterior cortical atrophy. Learners explored and discussed the changes in the brain underlying these conditions plus how support and care can help people live well with dementia. Online Dementia Course - The Many Faces of Dementia	University College London via Future Learn	Free

Please get in touch if there are other training resources you are aware of that we could consider sharing by contacting:
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