



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](#)

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.

A range of useful Mental Health resources can be accessed from our Team Site here; [Mental Health Improvement - NHSGGC](#)

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 on available support systems, such as staff wellbeing resources, should the need arise.

If you need help with a mental health problem or need emotional support please contact one of the helplines below, visit your GP surgery or call 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 Samaritans volunteer. 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 (calls are 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 is a free 24-hour helpline where children and young people can talk to a counsellor about any problem.

Phone: 0800 1111 www.childline.org.uk

For those experiencing distress; <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 family member, friend, colleague, health professional or call one of the helplines above.

If you think you need an emergency ambulance you should dial 999.

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 Scotland with 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 interact with 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 \(publichealthscotland.scot\)](https://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>

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 \(publichealthscotland.scot\)](https://publichealthscotland.scot)

Maternal Health, Infant & Early Years	Course Descriptor	Provider	Cost / other info
Understanding maternal mental health e-module	Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identifies risk and protective factors for mental ill health and explores current evidence about prescribing in pregnancy and during breastfeeding. Completion time is around 1.5 hours. http://www.knowledge.scot.nhs.uk/scormplayer.aspx?pkgurl=/ecomscormplayer/UMMH/	NHS Education for Scotland	Free
Maternal Mental Health – The Woman’s Journey	Maternal Mental Health - The Woman's Journey This is part of the 'Maternal Mental Health eLearning' following on from Understanding Maternal Mental Health http://www.knowledge.scot.nhs.uk/scormplayer.aspx?pkgurl=%2fecomscormplayer%2fmmh_womans_journey%2f	NHS Education for Scotland	Free

Essential Perinatal and Infant Mental Health – E-Learning Modules	<p>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.</p> <ol style="list-style-type: none"> 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) <p>You need a Turas account to access the modules sign up here; https://turasdashboard.nes.nhs.scot//User/PersonalDetails/Create?openIdApplicationId=0c6117db-8794-474c-8596-c91798d4538a</p>	NES via TURAS Essential Perinatal and Infant Mental Health – E-Learning Modules (scot.nhs.uk)	Free
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Coping with Changes: Social-Emotional Learning Through Play	Learn how to provide playful and engaging social emotional learning (SEL) support to children affected by COVID-19 disruption. 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
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 to aid 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 on children 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: <ul style="list-style-type: none"> • understand the influences on mental health in young children age 0–5 • identify the factors that contribute to good mental health in children 	Open University	Free statement of Participation on completion

	<ul style="list-style-type: none"> • 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. <p>Supporting children's mental health and wellbeing OpenLearn - Open University</p>		
Alumina – Self Harm support for 14-19 year olds	<p>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 or laptops 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 join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.</p> <p>https://www.selfharm.co.uk/</p>	SelfHarm UK	Free
Self-Harm and Risky Behaviour	<p>This session is aimed at a universal audience and provides the background to self-harm in children and teenagers, common associated conditions and the optimal approach to managing it in the community.</p> <p>https://www.minded.org.uk/Component/Details/445676</p>	Minded	Free
Digital Wellbeing	<p>Do digital technologies affect our wellbeing? Explore the concepts of health, relationships and society in 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 digital identity.</p> <p>Digital Wellbeing - Online Wellbeing Course - FutureLearn</p>	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 experience of 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
MindEd e-learning to support Healthy Minds	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 causes of child poverty, how it is measured and you will spend time considering your role in tackling child poverty. Click the following link to access this module Child Poverty, Health and Wellbeing eLearning Module Care Inspectorate Hub	Public Health Scotland	Free
Supporting children and young people's wellbeing	This free course, <i>Supporting children and young people's wellbeing</i> , looks at some of the broader concerns regarding wellbeing and the idea that children and young people today are increasingly 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 mental health and wellbeing. A series of 15 sessions on topics that can affect and impact on mental health. Healthy Minds Resource - NHSGGC	Mental Health 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 and responsibilities, 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 recognise the various forms of violence and abuse. You'll reflect on the impact of domestic violence and understand your responsibilities as a health or social care worker. By the end of this course, you'll feel more confident to help support domestic violence victims and survivors. https://www.futurelearn.com/courses/domestic-violence	University of Sheffield	Limited Free access

Understanding Mental Health: Continuum, Culture and Social Media	<p>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 gain a deeper understanding of mental illness through an exploration of some prevalent mental disorders.</p> <p>https://www.futurelearn.com/courses/exploring-mental-health</p>	Angela Ruskin University	Limited Free Access
Mental Health Awareness	<p>This e-learning module has been designed to provide a broad overview of mental health issues, including the different ways in which issues can present themselves and how you can offer support.</p> <p>In this module, you will:</p> <ul style="list-style-type: none"> • Receive an overview of the background behind mental health issues including the stigma that can be involved • See the different ways in which mental health can present itself • Understand how you can help support people with mental health issues <p>https://learningpool.com/mental-health-awareness/</p>	Learning Pool	Free
Exercise and Mental Health	<p>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 the role of exercise in combating stress, anxiety and depression, and in enhancing mood.</p> <p>https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0?active-tab=description-tab</p>	OpenLearn Open University	Free
Challenging ideas in mental health	<p>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 of all concerned, especially people experiencing mental distress. It explores ideas and practice in mental health, and will appeal to a wide range of people.</p> <p>https://www.open.edu/openlearn/health-sports-psychology/health/challenging-ideas-</p>	OpenLearn Open University	Free Limited access

	mental-health/content-section-0?active-tab=description-tab		
Food and Mood: Improving Mental Health Through Diet and Nutrition	Explore the relationship between nutrition and brain health, why it matters, and how to work towards 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 learn for 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
Health Inequalities awareness	The module looks at a definition of health inequalities and asks a participant to reflect on their own practice, identifying what they can do to reduce them. Health inequalities awareness - Learning resources - Public Health Scotland	Public Health Scotland VLE	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 workplace wellbeing 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 as a 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 when returning to work following a period of ill-health. See Me E-Learning (seemescotland.org)	See Me	Free
Understanding Suicide and Suicide Prevention Strategies in a	On this course, you will gain a broader understanding of suicide as a worldwide issue. You will analyse 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.	University of Glasgow	Free

Global Context	Understanding Suicide - Online Course (futurelearn.com)		
Understanding Self Harm and Suicidal Thinking	<p>Description: Young people who self-harm feel they are often misunderstood, something you will discover when watching Lucy and Ayesha's tell their stories.</p> <p>https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_42929_43709&programmId=42929#</p>	MindEd	Free
Mental Health Awareness Programme	<p>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 advice about where to find extra support.</p> <p>Mental Health Awareness Programme - e-Learning for Healthcare (e-lfh.org.uk)</p>	E learning for Healthcare	Free

We have created a range of support resources to help people address and gain support on a range of mental health issues which can be accessed from our website here: <https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/>

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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