

NHS Greater Glasgow and Clyde Mental Health Improvement Team

The month of July sees a range of awareness days, weeks and month taking place, providing an opportunity to put the spotlight on important health related topics.

Topic	Date	Theme	Resources	Helplines
Samaritans Annual Awareness Campaign	1 st -31 st July	Talk to Us #WeListen Every year in July, Samaritans branches in the UK hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.	Talk to Us We Listen Developing Emotional Awareness and Listening Resource Pack NHSGGC : Resilience Toolkit	Samaritans: call 116 123 . A free and confidential support to anyone, any age. 24 hrs day, 7 days a week
Co-production Week	5 th -9 th July	Co-production is about working in equal partnership with people using services, carers, families and citizens. This week aims to celebrate the benefits of co-production, share good practice and promote the contribution of people who use services and carers in developing better public services.	National Co-production Week SCIE GovInt Scottish Pamphlet.indd Co-production Mind, the mental health charity - help for mental health problems	Shout: provides free, confidential support, 24/7 via text for anyone in crisis anytime, anywhere in the UK. Text SHOUT to 85258 to text with a trained Crisis volunteer.
International Non-binary people day	14 th July	Aimed towards raising awareness around the issues faced by non-binary people around the world.	Gender identity and your rights NHS inform Non-Binary Scotland Supporting non-binary gender people living in Scotland (nonbinaryscotland.org)	LGBT helpline: call 0300 123 2523 Open Tuesday & Wednesday between 12 - 9pm, Thursday & Sunday 1-6pm
Love Parks Week	23 rd July – 1 August	#LoveParks Time spent in parks can help support our mental health and wellbeing, from exploring nature, to walking or just some alone time to reflect.	Love Parks and Keep Britain Tidy Green Spaces of Greater Glasgow and Clyde (nhsggc.org.uk)	Breathing Space: call 0800 83 85 87 A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am
International Self Care Day	24 th July	There is nothing wrong with putting yourself first. We need to remind ourselves that self-care is important for improving our quality of life, preventing many health conditions, and managing chronic illnesses.	Self Care Resources for Adults NHS GGC Self Care, Anxiety, Depression, Coping Strategies On My Mind Anna Freud Centre Self Care - Perinatal Positivity	NHS Living Life: call 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm-9pm