

Mental Health Improvement Team Snippet

January 2022

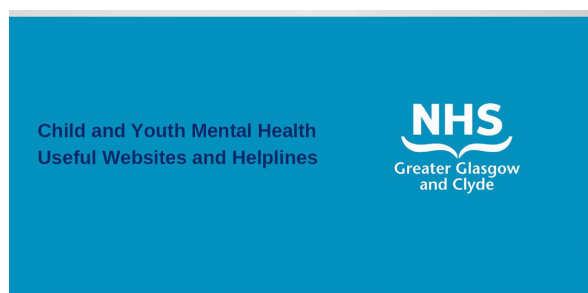


Infant and Maternal Health

PANDAS Post Natal Awareness and Support Service: Provide an instant text service for families and their networks who may be suffering with perinatal mental illness, including prenatal (antenatal) and postnatal depression. Individuals feeling anxious, stressed, lonely, depressed, suicidal or overwhelmed and who need immediate support can use the service by texting the word '**PANDAS**' to **85258**, any time of the day or night.



Useful Mental Health Websites and Helplines



Developed by the NHSGGC Mental Health Improvement Team, these two comprehensive but not exhaustive resource documents are for anyone working with children and young people and/or adults. They offer a range of useful mental health websites and helplines which have been themed into subject matters that can impact on mental health and wellbeing including bereavement, self harm and suicide.



Download at [ADULT](#) and/or [CHILD AND YOUTH](#)

Campaign/Awareness Events

Time to Talk Day: is an [annual campaign](#) designed to get people talking about mental health. So to mark the day, we'll be hosting an online drop-in tea and talk on **Teams from 1.00 – 2.00 pm on Thursday the 3rd February**. This is time just for you to come along and have a space to talk about mental health and wellbeing, think about strategies to support your own wellbeing, and hear from us about some self-care approaches and resources that might be new to you too! If you are interested in attending the event, please do let us know and we can send over a MS Teams link. Email ggc.mhead@ggc.scot.nhs.uk



Child Mental Health Week: runs from 7-13 February 2022. This year's theme is Growing Together. Visit [Place2Be](#) to find out more and to download free resources. Our NHSGGC [Mental Health Improvement Team website](#) also hosts a range of free downloadable child and youth mental health resources.

Learning Opportunities

Mental Health Improvement Team

We still have some places left on our Self Harm: An Introduction session (1 hour). Various dates available, **February (2nd, 10th, 22nd, 24th), March (1st, 9th, 17th)** Contact ggc.mhead@ggc.scot.nhs.uk for a booking form and to book your place.

Scottish Association for Mental Health

Free learning opportunities across NHS GG&C, SAMH Mental Health sessions – Jan - March, all courses are free to attend and delivered via MS Teams and Zoom, sign up [here](#)

Reading

Our World Our Wellbeing Event Report: Exploring the impact of climate change on mental health: The report from Our World Our Wellbeing Event held on Wednesday 10th November is now available. A must read for anyone with an interest in mental health and climate change and how we can support those impacted by it. Download it [here](#)



Event Report Our World, Our Wellbeing

Exploring the impact of climate change on mental health.

Wednesday 10th November 2021, 10.00 am – 12.00 pm, via Microsoft Teams.

