

## Learning Opportunities

**Children and eco-anxiety** : a call to action - a 90 minute online seminar. Tickets, Tue 9 Nov 2021 at 19:30 | [Eventbrite](#)

**New online tools** helping places co-create local action on climate Tickets, Wed 10 Nov 2021 at 11:00 [Eventbrite](#)

**Greater Glasgow Climate Action Network:** Network Weaving for Climate Activism, Wed 17 Nov, 9.30am - 12pm [Eventbrite](#)

**2021 Global Conference on Health and Climate Change** Tickets, Sat, Nov 6, 2021 at 9:00 AM | [Eventbrite](#) A convening of health and cross-sectoral leaders calling for a green, healthy, and resilient recovery, held on the margins of COP26



## Reading

**COP 26:** [Uniting the World to Tackle Climate Change](#)

**Frontiers in Psychiatry:** The Impact of Climate Change on Mental Health: [A Systematic Descriptive Review](#)

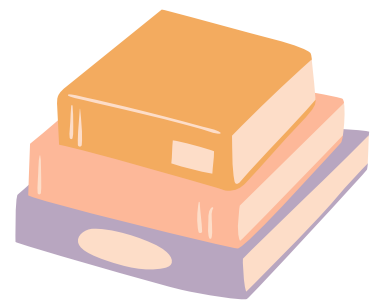
**Lancet Planetary Health:** Climate Anxiety in young people: [a call to action](#)

**BBC Newsround:** Survey shows children [losing sleep](#) over climate change and the environment

**World Health Organisation:** COP26 [Special Report](#) on Climate Change and Health

**John Muir Trust:** [Eco-anxiety](#) and what you can do about it

**United Nations:** Access to a healthy environment, declared a human right by [UN rights council](#)



## Campaign/Awareness Events

**Alcohol Awareness Week:** takes place 15-21 November, the theme is [Alcohol and Relationships](#)

**Anti bullying week:** take place 15-19 November, [One Kind Word](#) is the focus of this years campaign

**Movember:** [Men's Health](#) Month 1-29 November

**World Kindness Day:** takes place 13th November. Encourages [individual acts of kindness](#) on this day

**National Stress Awareness Day:** takes place 3rd November. Aims to [raising awareness](#) of the effects of psychological distress in the workplace and strategies to address it

**Self Care Week:** takes place 15-21 November. This year's theme is [Practise Self Care for Life](#)

**16 days of Action Against Domestic Violence:** Nov 25-Dec 10 is aimed at businesses that lack an infrastructure to deal with the large-scale problem that is [domestic violence](#)

## Funding Opportunities

**The Scottish Government** have launched the £15m Communities Mental Health and Wellbeing Fund for adults. The new fund aims to help tackle the impact of social isolation, loneliness and the mental health inequalities made worse by the pandemic. Further details will be shared when the application process is open. Read more [here](#)

# Mental Health Improvement Team Snippet

November 2021



## Our World Our Wellbeing Campaign

This November, as leaders from around the world gather for COP26 and pledge to take steps to look after our planet, we are asking you to join our campaign [#OurWorldOurWellbeing](#) and pledge to do one thing that will look after both the world, and your wellbeing. Join in the conversation on Twitter at our [@ayemind99](#) account on Wednesday the 10th November, 10.00am - 12.00pm. For information about how to take part, and to download a social media campaign pack including suggested posts and graphics, visit [here](#).



## Child and Youth

**BBC Bitesize:** resources for primary and secondary on [climate change](#) and information on [Climate anxiety](#): How to turn your worries into action

**Eco Schools Scotland:** the whole school, pupil-led approach to [Learning for Sustainability](#).

**Keep Scotland Beautiful:** a selection of interactive teaching and training sessions for [Climate Action Week](#) to support COP26

**STEM:** Primary and Secondary [Climate Change resources](#) offer the opportunity to explore and try new things, increasing young people's enthusiasm climate change

**The British Council (The Climate Change Challenge):** a [free interactive](#) resource is designed for teachers of / and pupils aged between 7 to 19

**Worldwide Fund for Nature:** Climate Change [resources for schools](#) to help explore the issues of climate change in an engaging and motivating way

**Young Upstart:** A [hub of information](#) for young people working together to save the planet

**Eco Distress:** [a website for YP](#) explains how understanding the distress and having some tools to cope with it can help people feel better and take action at the same time

## Adults

**Mental Health Foundation:** How to look after you mental health using [mindfulness](#), free to download

**Thriving with Nature:** A guide for everyone; Making the most of the UK's natural spaces for our [mental health and wellbeing](#)

**Talking to your Children:** about scary [world news](#)

**NHS Greater Glasgow and Clyde:** Mental Health Improvement Team [Green Spaces of Greater Glasgow and Clyde](#) signposts to local green spaces across Greater Glasgow and Clyde, and provide tips and resources on boosting wellbeing by being out in nature

