

# Mental Health Improvement Team Snippet

October 2021



## Infant and Maternal Health

**Perinatal Mental Health Practice Guide:** developed by the NHSGGC Perinatal Mental Health Network. It is intended to support Health Care Workers, Third Sector partners and any community organisations in contact/working with new and expectant parents. The guide takes cognisance of the nine protected characteristics as set out in the Equality Act (2010). **Download [here](#)**

## Child and Youth

**Mental Health Improvement Resources for Schools and Youth Organisations:** is a comprehensive but not an exhaustive document which offers a range of suggested resources that can be used to protect, promote and support the mental health and wellbeing of children and young people. **Download [here](#)**

## Adult

**Self Harm Guidance:** In the absence of face to face training the NHSGGC Self Harm forum have updated their guidance, which offers information and access to a range of online learning opportunities, resources and useful websites and helplines. **Download [here](#)**  
*\*Please note this guidance offers information across the life course not just adults\**

## Reading

**Mental Health Foundation:** Tackling social inequalities to reduce mental health problems: How everyone can flourish equally. **Download [here](#)**

**A Strategic Discussion Paper – Crises as Growth and Opportunities- Understanding Equalities in Mental Health and Wellbeing During and After COVID 19.** **Read it [here](#)**

## Campaign/Awareness Events

**World Mental Health Day:** takes place on Sunday 10th October and this years theme is "Mental Health in an Unequal World". Find out how you can get involved **[here](#)**

**Go Sober for October:** runs from 1st- 31st October, get involved **[here](#)**. Remember you can access our **[Mental Health and Alcohol](#)** Healthy Minds Session to support the month.

## Learning Opportunities

**Scottish Association for Mental Health:** Free learning opportunities across NHS GG&C, SAMH Mental Health sessions – October to December. **Sign up [here](#)**

**Healthy Minds:** Can be used by anyone with an interest in mental health. 17 basic awareness sessions available. Free to access, **download [here](#)**

## Funding Opportunities

**NHSGGC Anti-stigma Fund:** is inviting creative bids from organisations to help address some of the issues that surround mental health stigma and discrimination. **Download application [here](#)**. Closing date is Friday 8th October 2021.