

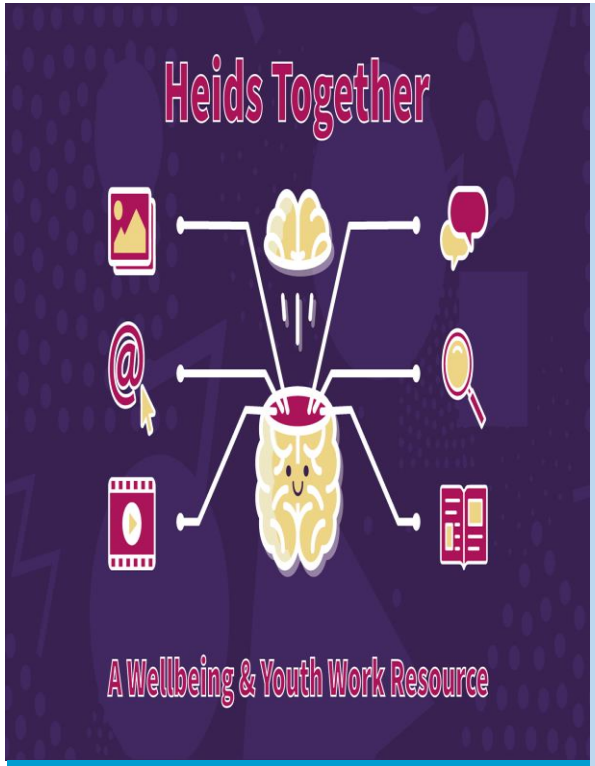
NHS
Greater Glasgow and Clyde

The NHS Greater Glasgow and Clyde Mental Health Improvement and Equalities Team: "*A look back over the last six months*"

Prepared by Michelle Guthrie on behalf of the NHSGGC Mental Health Improvement Team Dec 2020

"We love this perinatal mental health network, it's a great opportunity to share good practice and make connections"
(Maternal Mental Health Scotland)

Celebrating Our Successes





- Our Perinatal Mental Health Network was cited as an example of good practice in the Scottish Government report: Peer Support in Perinatal Mental Health: evidence review
- Our Healthy Minds Resource played a crucial part in the development of the "Heids Together" an online wellbeing resource



NHS Greater Glasgow and Clyde

Strategic Leadership

What did we do?

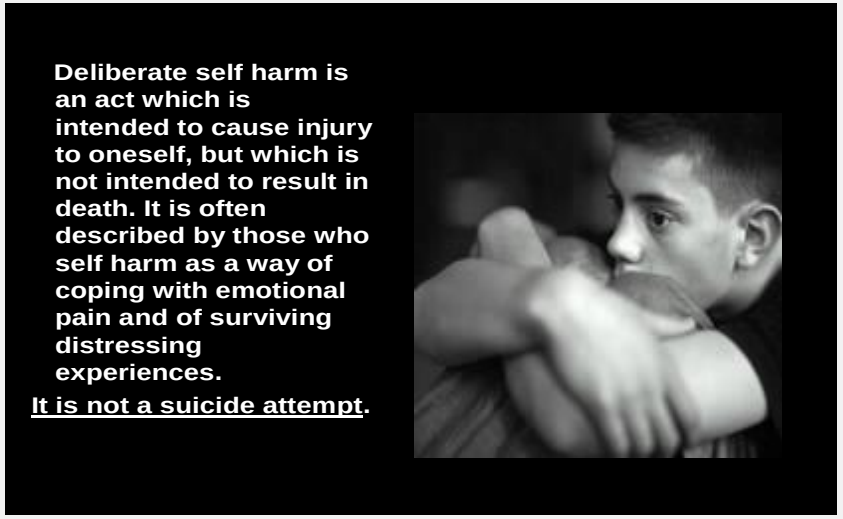
- Continued extensive involvement in the implementation of prevention and allied section of NHS Greater Glasgow and Clyde 5 year Mental Health Service Strategy
- Active involvement in the NHSGGC Suicide Prevention Group
- Continued active involvement in the (national) Perinatal Mental Health Managed Clinical Network and NHSGGC Local Implementation Group.
- Co-chair National Public Mental Health Special Interest Group including finalising Public Health Priority 3 mental health action plan for Scotland



Suicide Prevention

What did we do?

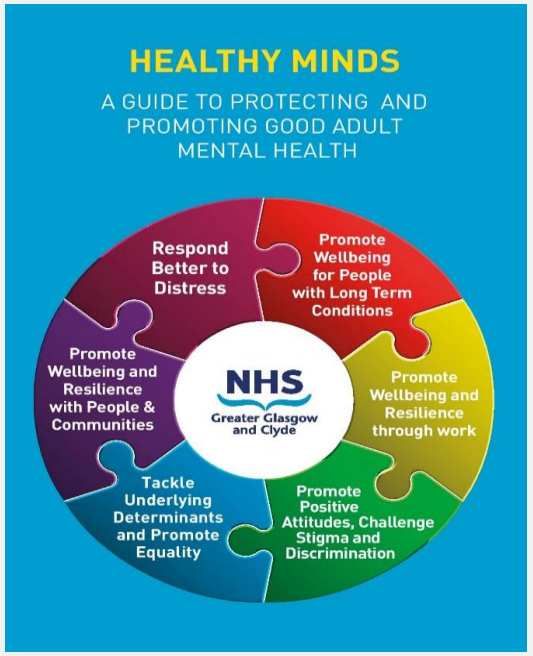
- Developed a GGC Suicide Prevention Concordat
- Established a GGC youth and young adults suicide prevention group
- Continued to support locality Choose Life Co-ordinators and Suicide Prevention Leads
- Supported the Living Works START pilot in Glasgow City



Self Harm

What did we do?

- Continued membership of the Greater Glasgow and Clyde Self Harm Forum
- Developed a Whole School Approach to Self Harm Training and Awareness Framework
- In partnership with GGC Self Harm Forum, developed a Self Harm Supports and Resources document in the absence of face to face training



"Being so activity focussed it could be great for working with those who don't have English as a first language or who learn by different means, really inclusive"
(Third Sector partner)

Healthy Minds

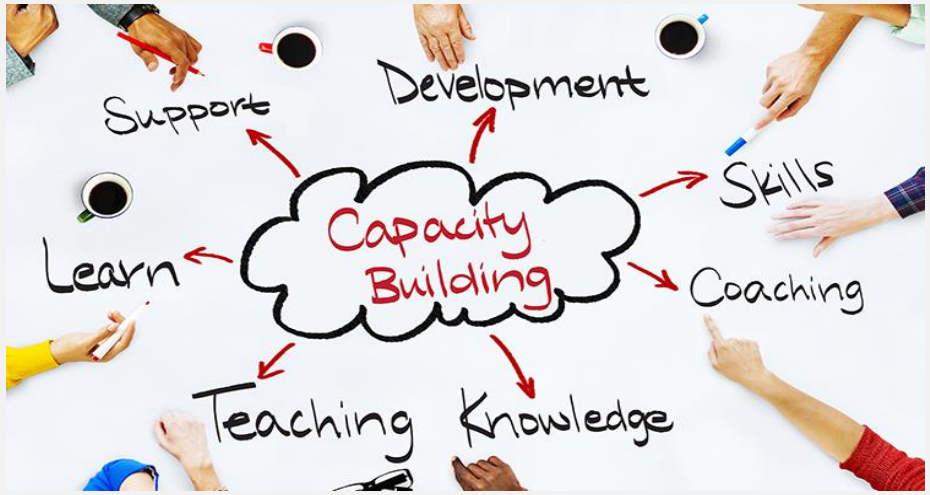
What did we do?

- Guidance developed to support use of the Healthy Minds Awareness sessions online
- Development of two new Healthy Minds Awareness Sessions: Loss and Grief During a Pandemic, Mental Health Stigma and Discrimination
- Delivered four Healthy Minds information sessions online to over 70 partners and organisations across GGC

Training and Capacity Building

What did we do?

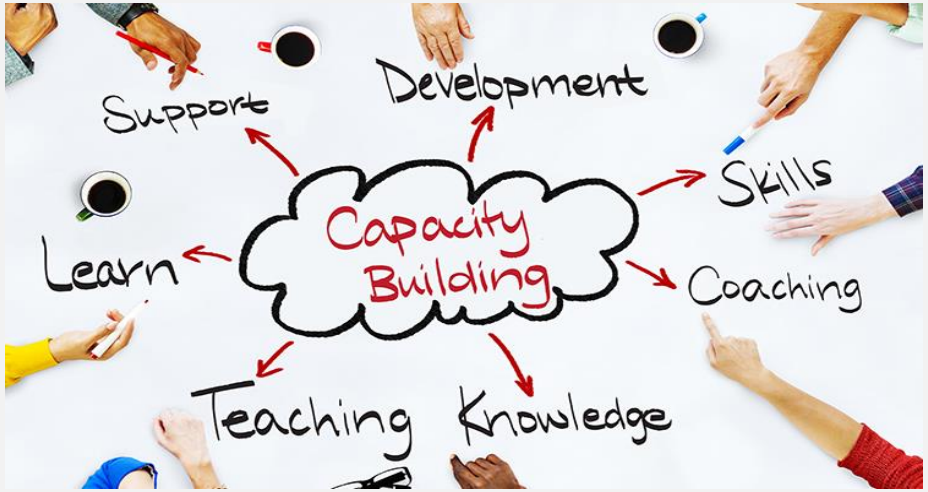
- Continue to work with our commissioned service, Scottish Association of Mental Health (SAMH) to provide online learning opportunities to colleagues, partners and volunteers across GGC
- Range of courses available; Introduction to Suicide Prevention, Maintaining Wellbeing, Building Resilience, and Mental Health in the Workplace
- Over 1000 participants will have accessed the courses by the end of March 2021



Training and Capacity Building

What did we do?

- In partnership with Glasgow Life, delivered a Mental Health Awareness session to Campus Police Officers
- Delivered a child and youth mental health improvement resources session to NHSGGC Specialist Children's Services colleagues
- Supported the Glasgow Council for Voluntary (GCVS) Sector "staying safe online event" sharing our online safety protocols and their development
- Contributed to the planning and programme of two online GCVS mental health events



Training and Capacity Building

What did we do?

- Delivered Healthy Minds sessions to staff working with young people in Glasgow City as part of the Glasgow City "Let's Talk Mental Health Event"
- Worked in partnership with Glasgow City Primary Care Mental Wellbeing Group and Child Bereavement UK to co-ordinate delivery of Bereavement Webinars to primary care staff
- Updated our e-learning free Mental Health Learning opportunities document



Resource Development

What did we do?



Poster available to download in 10 different languages

Resource is part of wider programme of work with Glasgow City Primary Care Mental Health and Wellbeing group

- Development of a Grief After Bereavement Poster



Equalities

What did we do?

- Co authored paper "Crises as Growth and Possibilities: Understanding Mental Health and Wellbeing During and After COVID-19"
- Lead role in co-ordinating Glasgow City HSCP Equalities Outcomes
- Commissioned training for practitioners to support the mental health of LGBTQ+ new and expectant parents
- Allocated funds to partners across GGC to support anti-stigma work



Keep Connected

What did we do?

- Returned to our monthly mental health snippet, distributing to over 1000 staff, colleagues, partners and organisations across GGC
- Monthly Perinatal Mental Health Network virtual meetings
- Quarterly Healthy Minds Network Meetings
- Daily tweets from our @AyeMind99 twitter account

Staying Connected

- Visit our team website to access all our mental health resources https://www.nhsggc.scot/hospitals-services/services-a-to-z/mental-health-improvement/

- Follow us on Twitter @AyeMind99

Contact details

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