

The NHS Greater Glasgow and Clyde Mental Health Improvement Team



January - June 2025

Update Report

The Team



Trevor Lakey
Health Improvement & Inequalities Manager -
Mental Health, Alcohol and Drugs



Heather Sloan
Health Improvement Lead Mental Health



Greg Usrey
Health Improvement Lead Mental Health



Laura Hills
Health Improvement Senior Digital Mental Health



Michelle Guthrie
Health Improvement Senior Mental Health

Celebrating our Success



Our team and Service manager were honoured to be nominated and shortlisted for the Team and Leader of the year, at the **Glasgow Health and Social Care Partnership Staff Awards**. Whilst we didn't win, we were extremely humbled that the efforts of our small but mighty team were recognised.

Strategic Leadership

Continued active involvement in a range of **Strategic Groups** both at National and Board Level



Continue to progress with joint leadership of the national **Public Health Action Team** for Mental Health, which has a focus on mental health of young people, aged 10-18. Two strands are being prepared for further work – preventative approaches around the neurodiversity agenda and responding to the digital determinants of mental health

Overseen the preparation and ratification by Health Board committee of a revised approach to **public mental health** for adults, with positive engagement at the January 2025 Population Health and Wellbeing Committee

Suicide Prevention



Continuing to progress **suicide prevention** activity at Greater Glasgow and Clyde and Glasgow City levels

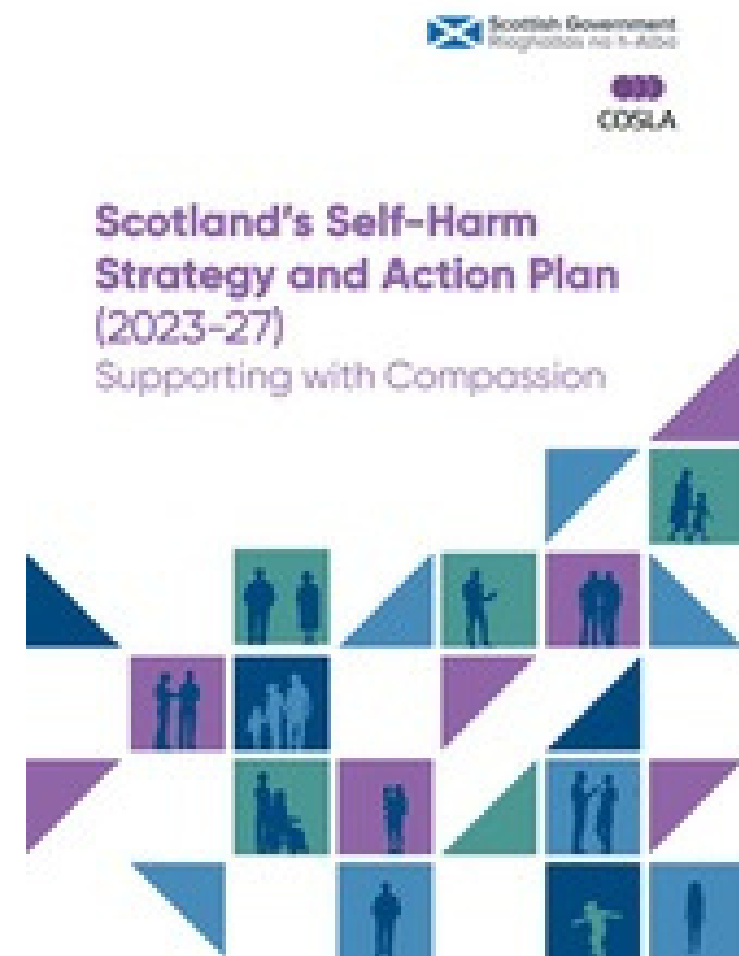
Continue to undertake the **Suicide Prevention co-ordinator** role within Glasgow City

Continuing to build **suicide prevention training** capacity, including dissemination at GGC and national level of the **Wave After Wave Suicide Bereavement** programme and supporting a **safeTALK** Training for Trainers course

Supported partners in installation of a **Breathing Space bench** in the grounds of the Gartnavel Hostpitals

Produce a **monthly Youth Suicide Prevention communications** sharing information on research, resources and learning opportunities

Self-harm



Continue to chair our NHSGGC **Self-harm Forum**;
reporting to the NHSGGC Suicide Prevention Group

Delivered an **Instructor Training for Trainers** What's the Harm Self-Awareness and Skills course

Delivered a **Training for Trainers** What's the Harm Self-harm Awareness and Skills course to partners in Inverclyde

Delivered a 1 day What's the Harm Self-harm awareness and skills training course to 10 staff from the **Royal Conservatoire of Scotland**

Delivered an Introduction to Self-harm session to 15 staff from **Glasgow Caledonia University**

Perinatal and Infant Mental Health



Continue to chair the NHSGGC **Perinatal and Infant Mental Health Network**; **100** colleagues and partners are connected to the network

Contributed to and participated in the **Scottish Government** Perinatal and Infant Mental Health locality visits

Worked in partnership with the NHSGGC Infant Mental Health Team to create a new “**Infant Mental Health**” Healthy Minds Session

Delivered **11 Infant Mental Health** sessions to partners across Greater Glasgow and Clyde to test run new session

Digital



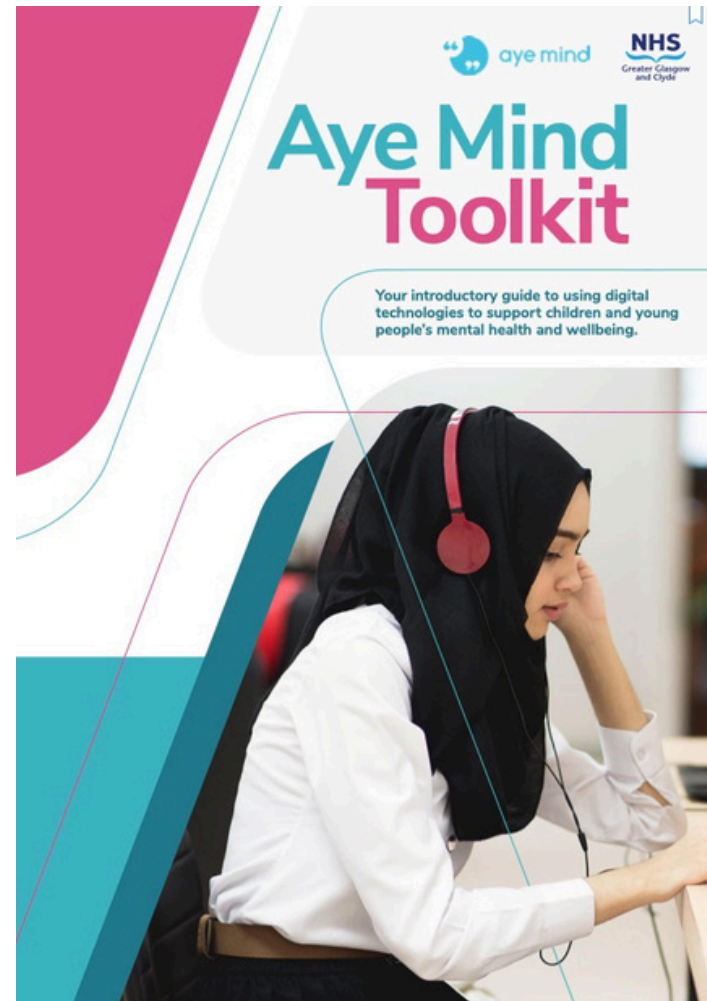
Continue to chair the **Aye Mind Digital Collaborative** network, a forum for partners interested in digital youth mental health themes

Chair **working groups** of partners on the following priorities: Developing Digital Skills and Wellbeing, Youth Engagement, Digital Inclusion, Evaluating Digital Tools, Championing Digital, Online Harms

Commissioned **Barnardo's Scotland** to support in a youth engagement project to hear their views and experiences of the online environment and how it impacts their mental health and wellbeing, and what supports they require

Published a **Literature Review** looking at social media's impact on children and young people's mental health and wellbeing

Digital



Developed a **toolkit** in partnership with Glasgow City HSCP Social Work Services to support those working with children and young people to have conversations about their online lives

Worked alongside the **Drugs Mental Health Improvement Team** to undertake a scoping exercise into current digital inclusion provisions for people who use drugs

Updated the **Online Harms** – Useful Websites, Helplines, and Reporting Mechanisms resource

Produce a **monthly newsletter** looking at a range of digital youth mental health and wellbeing themes

Equalities



Actively involved in supporting Glasgow City Health and Social Care Partnership Health Improvement, work towards the **LGBT Silver Charter** mark

As part of the charter work, our team created a **LGBTQ+ resource** which hosts a range of information and supports for LGBTQ+ communities across the life course.

Resources include mental health, alcohol, drugs, sexual health, digital and many more

Training and Capacity Building



Online Harms Module has been rolled out to all six local authority learning management systems. **1000** NHS staff from a variety of disciplines have completed the module

Completed a safeTALK **Training for Trainers** course to support suicide prevention capacity building across Greater Glasgow and Clyde

Delivered **Wave after Wave Bereaved by Suicide**

Training in partnership with the Mental Health Network, to colleagues in East Dunbartonshire

Training and Capacity Building



Co-delivered **safeTALK** training to East Dunbartonshire Housing and Homelessness Team

Collaborated with **Fathers Network Scotland** to deliver Understanding Paternal Mental Health Training

Facilitated a **briefing session** to give an overview of the digital wellbeing toolkit and how colleagues and partners can use it to support children and young people to have healthier and happier online experiences

Staff wellbeing



Marked **Time to Talk** Day hosting a wellbeing event at Commonwealth House for staff to come along and chat about all things mental health

Participated in an East End Community Radio **Podcast** as part of Time to Talk Day

Deliver an **Understanding Change, Loss and Grief** session to Glasgow City Health and Social Care Partnership staff

Communication



Continue to produce our **Monthly Mental Health Snippets** and **Aye Mind newsletters** reaching approx 400 partners and colleagues across Greater Glasgow and Clyde

Continue to update and maintain our **Mental Health Improvement Team website** which hosts a range of resources and information to support practitioners deliver on the public mental health agenda

Contact Information



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If you have any queries please direct them through our Admin team at **ggc.mhead@nhs.scot**

Please visit our **[website](#)** to find out more about the work our team do.