

# Mental Health in the Workplace

This document provides information about the range of resources, supports, websites, and learning opportunities available for staff working across Greater Glasgow and Clyde to support mental health in the workplace.

## Resources & Supports



**Adult Mental Health Supports**

Adult Mental Health Useful Apps, Helplines and Websites

**Adult Mental Health Supports**

A resource directory of mental health apps, helplines, and websites to support staff with signposting and sharing of information that is appropriate to need.



**How to Support Mental Health at Work**

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A guide from the Mental Health Foundation on how to support both your own mental health and your colleagues' at work.



**Psychosocial Support**

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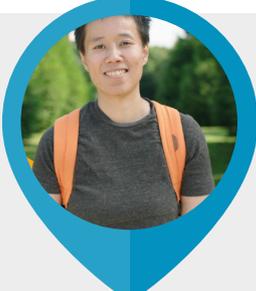
Information and resources on TURAS covering 'Taking Care of Myself', 'Taking Care of Other People', and 'Taking Care of Your Staff'.



**Healthy Minds Pocket Guide**

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A mental health and wellbeing card providing details for mental health supports in the 6 Health and Social Care Partnerships (HSCPs) across GGC.



**See Me in Work**

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Supports employers and individuals to tackle mental health stigma and discrimination in the workplace.



**[Suicide ALERT Resources](#)**

Sharing the 'ALERT' [briefing note](#) and [prompt sheet](#) for conversations about suicide, including useful information on support services and suicide prevention resources



**[Wellbeing Planning Tool](#)**

A tool to help an look after wellbeing, including knowing the warning signs and what works for an individual to actively manage their wellbeing.

## Useful Websites



**[Healthy Working Lives](#)**  
 Workplace guidance from Public Health Scotland around how to create a mentally healthy workplace and support workers' wellbeing.

**[National Wellbeing Hub](#)**  
 A hub to help support the wellbeing of everyone working in Health and Social Care in Scotland. Including information on looking after yourself and your colleagues.

## Learning Opportunities

**[Your Psychological First Aid Kit](#)**  
 A course from the National Wellbeing Hub that shares skills needed to support wellbeing.

**[Online Learning Resources](#)**  
 A range of free online learning opportunities related to mental health across the life course.

**[Mental Health Improvement, Self-Harm, Suicide Prevention Training Pathway](#)**  
 A tool to help individuals, teams, organisations explore potential mental health training opportunities available.