

### Accelerate Action

**International Women's Day** is an annual celebration that aims to educate society on the remarkable women's rights movement. It shines a light on the social, cultural, economic and political achievements of women throughout history. This year's theme is "Accelerate Action" and emphasises the urgency and importance of accelerating efforts to eliminate systemic barriers and biases that impede women's equality. Click on the image to find out how you can get involved and help accelerate action.



Meet the Women from the NHSGGC Mental Health Improvement and Drugs Team working to deliver on the public mental health and drugs agendas.



**Heather Sloan**

Health Improvement Lead,  
Mental Health



**Michelle Guthrie**

Health Improvement Senior,  
Mental Health



**Laura Hills**

Health Improvement Senior,  
Digital Mental Health



**Jo McManus**

Health Improvement Lead, Drugs

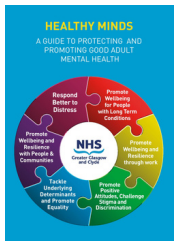


**Claire Marie Blair**

Health Improvement Senior, Drugs

### Learning

*click on images to download information*



**Menopause and Mental Health Health Minds Session (number 17):** can be used by anyone to raise awareness of the impact that menopause can have on mental health. The session comes with a powerpoint presentation, facilitators notes, a supporting resources handout and is adaptable to suit the needs of audiences and time available. The session is also available in Arabic, Mandarin, Polish, Romanian and Urdu.

**Exploring issues in women's health:** introduces social model approaches to health and wellbeing, which take as their starting point not the scientific context of the body, but the social context in which women live. The focus is on women and the impact of social and cultural factors on women's health. The course touches on various issues concerning women's health, such as abortion, periods, the menopause, mental health and fertility.



**HEARTE15:** Women's Heart Health eLearning resource. A free online module is to provide an educational resource with a specific focus on women's heart health. Aimed at both health care professionals and those with lived experience audiences.

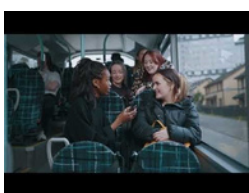
### Resources

*click on images to download information*



**Perinatal and Infant Mental Health Good Practice Guide:** a resource to support Health Care Workers, Third Sector Partners, and any community organisations that are in contact with, supporting and/or working with new and expectant parents.

**Learn without fear: girls' rights school pack:** A detailed lesson pack looking at the topic of gender based violence and how girls are affected by violence in school in the UK.



**Where we stop.** A short film about domestic abuse (coercive control, gaslighting, domestic violence). Created in collaboration with young women across Glasgow, and inspired by the writer's own experiences, it is a film created to open eyes and start conversations

**The Women's Health Platform** sets out information on women's health at key stages of life, from puberty to later years. While this Platform uses the term Women's Health, not only those who identify as women require access to women's health and reproductive services.



**The Sandyford** is the specialist sexual health service for Greater Glasgow and Clyde area. They offer a range of services. We offer a wide range of sexual and reproductive clinics including; STI Testing, Contraception, Emergency Contraception, Abortion, Sexual Assault and Rape, Gynaecology and more.





**Conversation Cafe Toolkit:** a toolkit bringing together resources, recommendations and guidance on hosting independent Conversation Cafes to encourage information sharing and peer support on areas of women's health.

**The Menopause Charity** works to educate everyone so that perimenopause and menopause are properly understood. Deliver trusted information and support .



**Chest, Heart and Stroke Scotland:** provides information on women's heart health. Translations available in Urdu and Punjabi.

**Sophie's Stop** is an interactive, non-profit, comprehensive resource designed collectively to connect you and loved ones with appropriate information about violence against women and girls and support services available that have been funded by Glasgow City Council.



## APPS

click on images to download information



**Balance app** is a free tool and resource for perimenopausal and menopausal women so they can understand more about their menopause. Available to download for free in the App Store and Google Play.

**Right Decisions for Health Care** helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.



## Helplines, Webchats and Online Supports

Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub. If the you feel the individual is in immediate danger call **999**.



### Breathing Space

Open up when you're feeling down

For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

**Samaritans:** Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.



Whether you've just been diagnosed, have questions about treatment options or would just like someone to talk to, you call our free confidential endometriosis Helpline on **0808 808 2227**. Check [website](#) for times. If helpline is not open, [webchat](#) available.



**PANDAS** offer a variety of different support services to support parents affected by perinatal mental health illness. **What'sAPP** free service, message **07903 508334**, available every day from 8am – 10pm. **Bookable Call Back Service:** visit [here](#) to select a suitable time and a trained PANDAS volunteers will call you to give you the help and support that you need. **Email:** [supportme@pandasfoundation.org.uk](mailto:supportme@pandasfoundation.org.uk) if you'd like more information on perinatal mental illness, or are looking for support for yourself or your partner, friend or colleague.



Helpline **0800 027 1234** is available 24 hours, 365 days of the year. We work with our partners to tackle a range of issues, including domestic abuse, prostitution, human trafficking, forced marriage, FGM (female genital mutilation) and rape and sexual assault. or more information visit our [website](#).

**Rape Crisis Scotland: Helpline: 08088 01 03 02** or Get in touch any day between 5pm – midnight or **Text: 07537 410 027**.

**Email: support@rapecrisisscotland.org.uk** or **Webchat: www.rapecrisisscotland.org.uk**



**Amina's Helpline:** provide a listening ear and signposting services for Muslim women across Scotland. Call free on **0808 801 0301** Mon-Fri 10am-4pm.

**LGBT Helpline Scotland:** Provide information and emotional support to LGBT+ people, their families and friends. Call free **0800 464 7000** Tuesdays, Wednesdays & Thursdays (12-9pm) & Sundays (1-6pm).

