

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Infant and Maternal Health

Parent Club: [Wellbeing for wee ones](#) campaign provides encouragement and expert advice to parents as well as practical ideas involving storytelling, singing nursery rhymes or talking.

NHS UK: [Mental Health in Pregnancy](#): Being pregnant is a big life event and it is natural to feel a lot of different emotions. But if these emotions are starting to affect your life, there are things you can try that may help.

Public Health Scotland: watch the [animation](#) on mental health during and after pregnancy.

Child and Youth

Online Mental Health Activities: a selection of online mental health themed sessions developed for education staff and partners supporting young people during COVID-19. Download [here](#)

Education Scotland: offer a variety of activities from recognising negative and positive stress, worry and anxiety to managing stress. Find out more [here](#)

Samaritans: [Developing Emotional Awareness and Literacy](#) is a free resource for teachers and other educational professionals designed to help develop resilience in young people.

Adults

Heads Up: find out more about stress, [strategies to manage stress](#), further information and supports.

NHS Inform: Post Traumatic Stress Disorder is an anxiety disorder caused by very stressful, frightening or distressing events. Find out more [here](#)

Healthy Minds: download our [Basic Mental Health Adult session](#). Can be facilitated by anyone, aims to promote basic understanding of mental health, what can impact on mental health, signs to look out for and supports for mental health.

Healthy Minds Pocket Guide: can be [downloaded](#) or ordered free from our [Public Health Resource Directory](#): Provides information on a mental health support service in each 6 HSCP across GGC.

Learning Opportunities

Scottish Association for Mental Health: Free learning opportunities across NHS GG&C and SAMH Mental Health sessions - [April to June 2021 Program](#)

Campaign/Awareness Events

Mental Health Awareness Week: is hosted by the [Mental Health Foundation](#) and will take place 10-16 2021. The theme is Nature.

Maternal Mental Health Week: takes place 3-9 May 2021. [The theme is Journeys to Recovery](#)

Autism: [World Autism Awareness Week](#) & [Autism Awareness Week 2021 - Autism Education Trust](#)

Tools

Scottish Association for Mental Health: take the [wellbeing assessment](#) to find out how your wellbeing is.

Helplines

Download our mental health supports resources which hosts a range of helplines and websites for [adults](#) and [children and young people](#).