

The NHS Greater Glasgow and Clyde Mental Health Improvement Team



January - June 2024

Update Report

The Team



Trevor Lakey

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



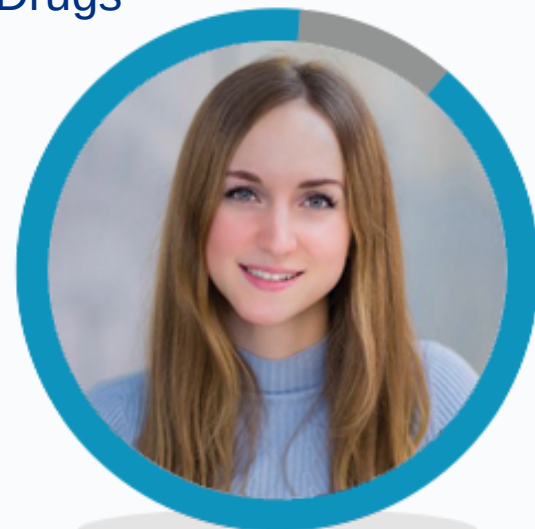
Heather Sloan

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

Conference

Our poster was accepted at the 'Solving the Crisis in Mental Health Services: Global Solutions' conference.

3,560

Partners, colleagues and volunteers have accessed various online and in person training opportunities over the last four years via our commissioned contract with SAMH.

Global Women in Healthcare Awards

Shortlisted for 'The Outstanding Leader Award: Supporting other Women in their Healthcare Careers' category.

Team Highlights



One of the highlights for me is the capacity building approach we have adopted over the past few years in relation to self-harm. Building on the work we previously done with Education colleagues across the 6 HSCP's; we have rolled this out as pilot for Strathclyde University to enable them to have their own pool of self-harm trainers.

Future plans are in the pipeline for this to be cascaded to all Higher and Further education establishments across the Greater Glasgow and Clyde area to enable them to be self-sufficient in delivering self-harm awareness and training to staff and students alike.



A highlight for me this year has been the opportunity to come together with so many partners across GGC interested in digital youth mental health and wellbeing.

The online environment is ever-changing, fast-paced, and impacts all aspects of health and wellbeing. When faced with such a challenge, the Digital Collaborative has been invaluable as a space to come together and find strength in our numbers. Through this diverse and varied network, we've identified six key priorities we will work together to progress, from addressing digital exclusion, and online harms, to championing digital.



I continue to be inspired by the commitment from our Perinatal and Infant Mental Health network. The network continues to thrive and is recognised as an example of good practice both nationally and by other Health Board areas who have adopted a similar structure.

A highlight for me is our Perinatal Mental Health Conversation Workshops, a partnership with our colleagues from the Perinatal Mental Health Service, West of Scotland Mother and Baby Unit. The overarching aim of the workshops is to strengthen partnership working between Clinical Services and Third Sector partners to enhance pathways of support for women and their families during the perinatal period. Between Jan - May 2024, we facilitated three workshops, attended by 75 colleagues and Third Sector partners from across GGC.

Strategic Leadership

Continued active involvement in a range of Strategic Groups.

NHSGGC Mental
Health and
Wellbeing Stream

NHSGGC Mental
Health Prevention
and Early
Intervention:
Children and Young
People Group

NHSGGC Digital
Public Health
Working Group

Active within a
range of National
Suicide Prevention
Networks

Perinatal Mental
Health Managed
Clinical Network
Steering Group

NHSGGC Perinatal
and Infant Mental
Health Local
Implementation
Group

Co-chair of the
Scottish Public
Mental Health
Special Interest
Group

Co-chair of the
Public Mental
Health Action
Team

Strategic Leadership

National Managed Clinical Network Perinatal and Infant Mental Health

- We continue to represent **NHSGGC on the PERINATAL MENTAL HEALTH NETWORK SCOTLAND (PMHNS) steering group**. The steering group's remit is to provide strategic direction and decision making to achieve the best possible outcomes for women, infants and families through better access to safe, effective, person-centred care delivered as close to home as possible. The managed clinical network developed a national programme of work to reduce variation and improve equitable access to appropriate perinatal mental health provision for women, infants, and families. - Further detail of outputs from this work can be found here: **[Perinatal and early years - Mental health - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/perinatal-early-years-mental-health-2022-2024/pages/1-10.aspx)**

Strategic Leadership

Public Mental Health Action Team

- At national level our Health Improvement and Inequalities Manager is co-chair of the **Public Mental Health Action Team (PHAcT)** focused on Mental Health of Children and Young People, which had its establishment event in March. It continues to progress preparatory work that will lead to a set of actions, in conjunction with national and local partners - for example Scottish Government, COSLA, Mental Health Foundation, Scottish Community Development Centre and Voluntary Health Scotland. The PHAcT reports into and is actively supported by the Scottish Directors of Public Health Group.

Strategic Leadership

National Work Force Development

- The strategic ambition to reduce health inequalities and improve life expectancy in Scotland is shared across public services. Public Health Scotland, Directors of Public Health and Scottish Government are united in this ambition, including the commitment to the forthcoming ten-year population health plan. Our Health Improvement Lead plays a key role in a short life working group, chaired by National Education Scotland (NES) which was established to review the current practitioner registration arrangements with a view to identify future registration needs and programme of support for the development of the Public Health workforce. She was instrumental in developing a fully costed Business plan to support a proposal for a National coordinated Registration scheme.

Suicide Prevention



Ongoing active involvement in a range of suicide prevention activity and provision of learning opportunities across the life course.

Leading roles in the Greater Glasgow and Clyde suicide prevention planning group and its sub-groups.

Co-ordination role for the Glasgow City Suicide Prevention Partnership. Areas of work include addressing locations of concern, developing communications approaches (including Creating Hope in Glasgow film with national partners) and continued progress on training.

Suicide Prevention



During January 2024 - March 2024:

- **20** participants attended **Applied Suicide Intervention Skills Training**
- **20** participants attended **Scottish Mental Health First Aid Training**
- **43** participants attended a **Trauma and Mental Health course**

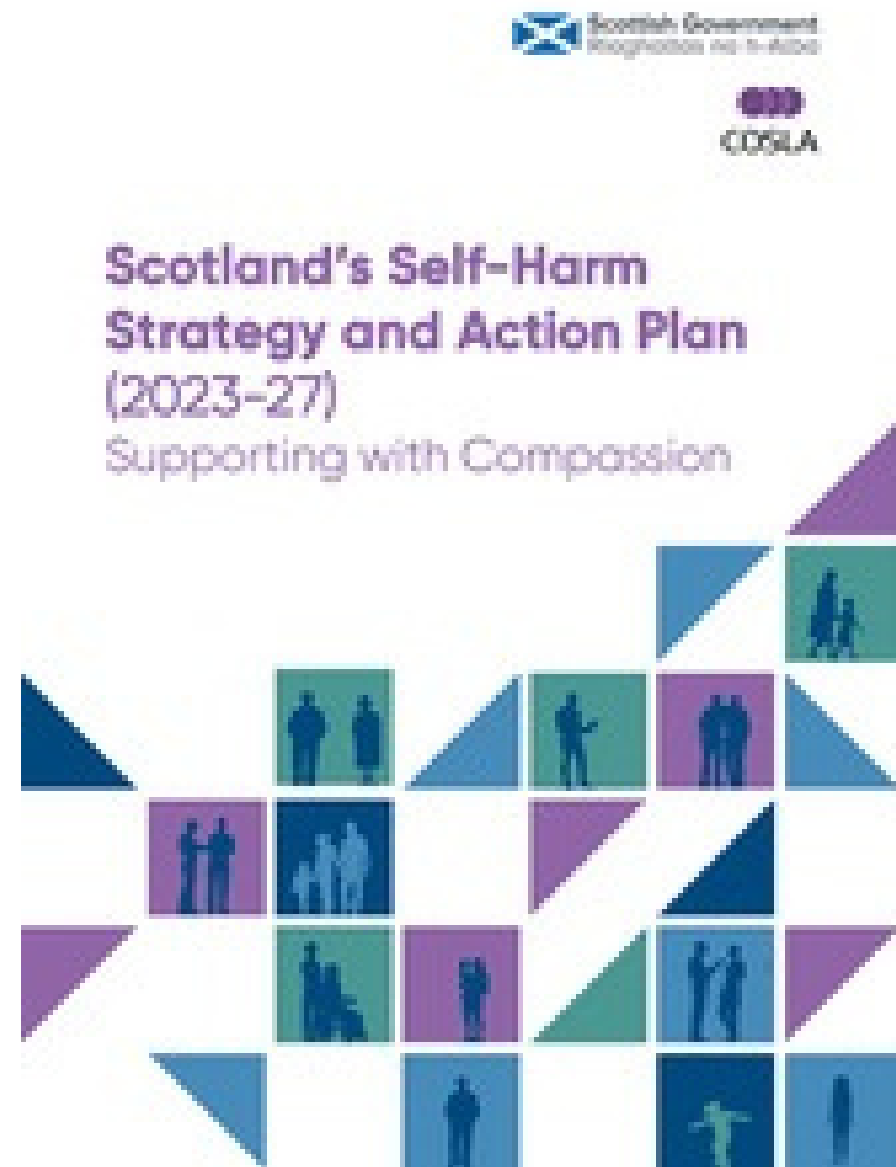
Self-harm

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

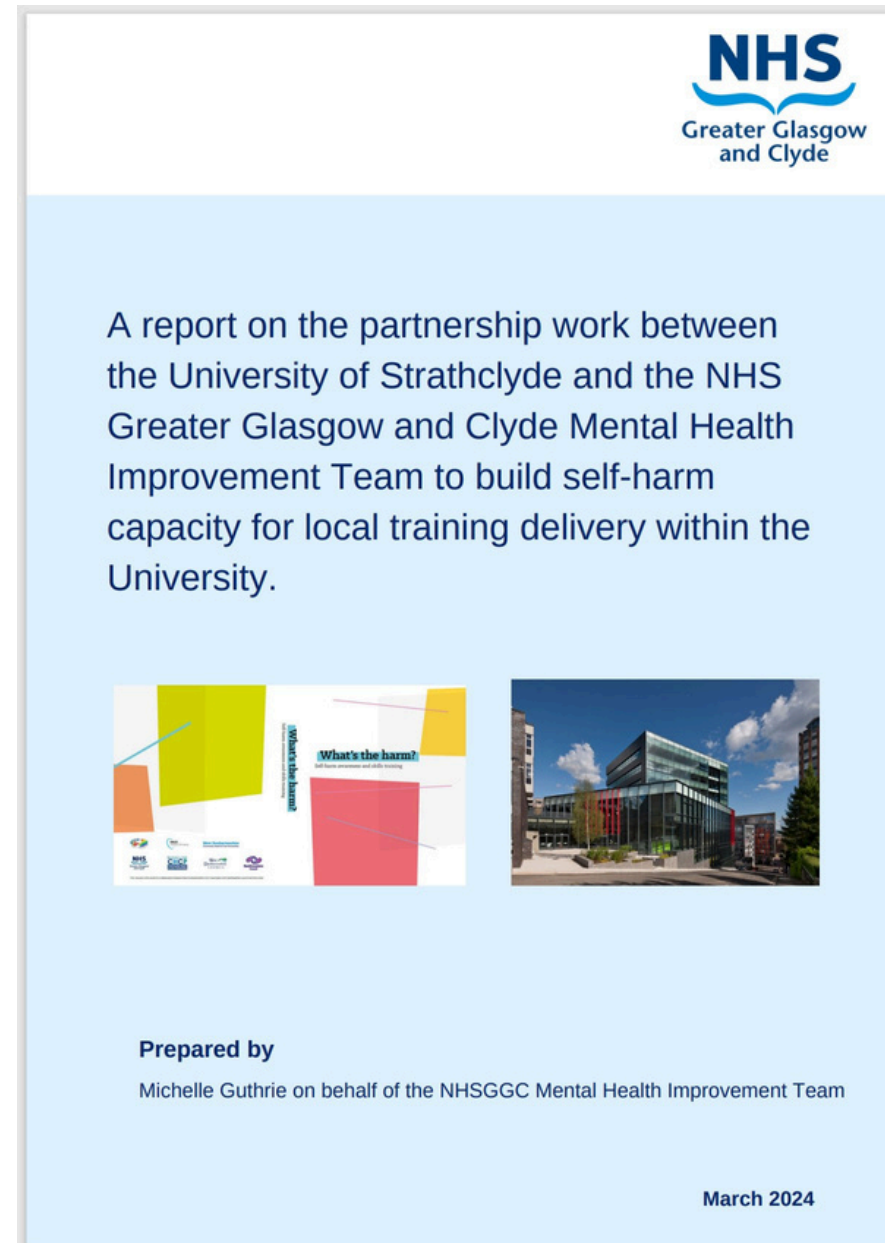
Met with colleagues at **Scottish Government** in the Directorate for Mental Health to discuss the self-harm dimensions of Ofcom's consultation on protecting children from harms online.

Facilitated a session with Self-harm forum in response to new Scotland's newly published **Self-harm Strategy and Action Plan**.

Updated our **What's the Harm Self-harm** awareness and skills 1 day training course and included including supplementary information around the digital dimensions to self-harm.



Self-harm



click on image to download report

Deliver **An Introduction to Self-harm** session to a carer's group at the Glasgow Mental Health Network.

Worked in partnership with **Strathclyde University** to build self-harm capacity via our Training for Trainers programme; **10** staff trained.

Collaborating with **Higher and Further Education** partners to roll out self-harm Training for Trainers programme to increase self-harm training delivery capacity.

Perinatal and Infant Mental Health

Continue to chair the **Perinatal and Infant Mental Health Network**.

Attended the **Grampian Perinatal and Infant Mental Health Collaborative** to share good practice, benefits and learnings from our NHSGGC Perinatal and Infant MH network.

Delivered **3 Perinatal and Infant Mental Health Conversation Workshops** in partnership with colleagues from the NHSGGC Perinatal Mental Health Service, West of Scotland Mother and Baby Unit. Over **70** partners and colleagues attended.

Updated our “**Supporting new and expectant parents mental health**” resource to support staff have conversations about mental health during the perinatal period.



Training and Capacity Building



Worked with our commissioned service, **Scottish Association of Mental Health (SAMH)** until March 2024 to provide online and in person learning opportunities to colleagues, partners and volunteers across Greater Glasgow and Clyde.

11 courses delivered between January - March 2024 including; Trauma and Mental Health, Mental Health in the Workplace, Trauma and Mental Health, ASIST, Scottish Mental Health First Aid, Menopause and Mental Health and Men's Mental Health.

140 colleagues and partners from Health, Education, Social Work, Housing and Third Sector attended the courses.

Training and Capacity Building

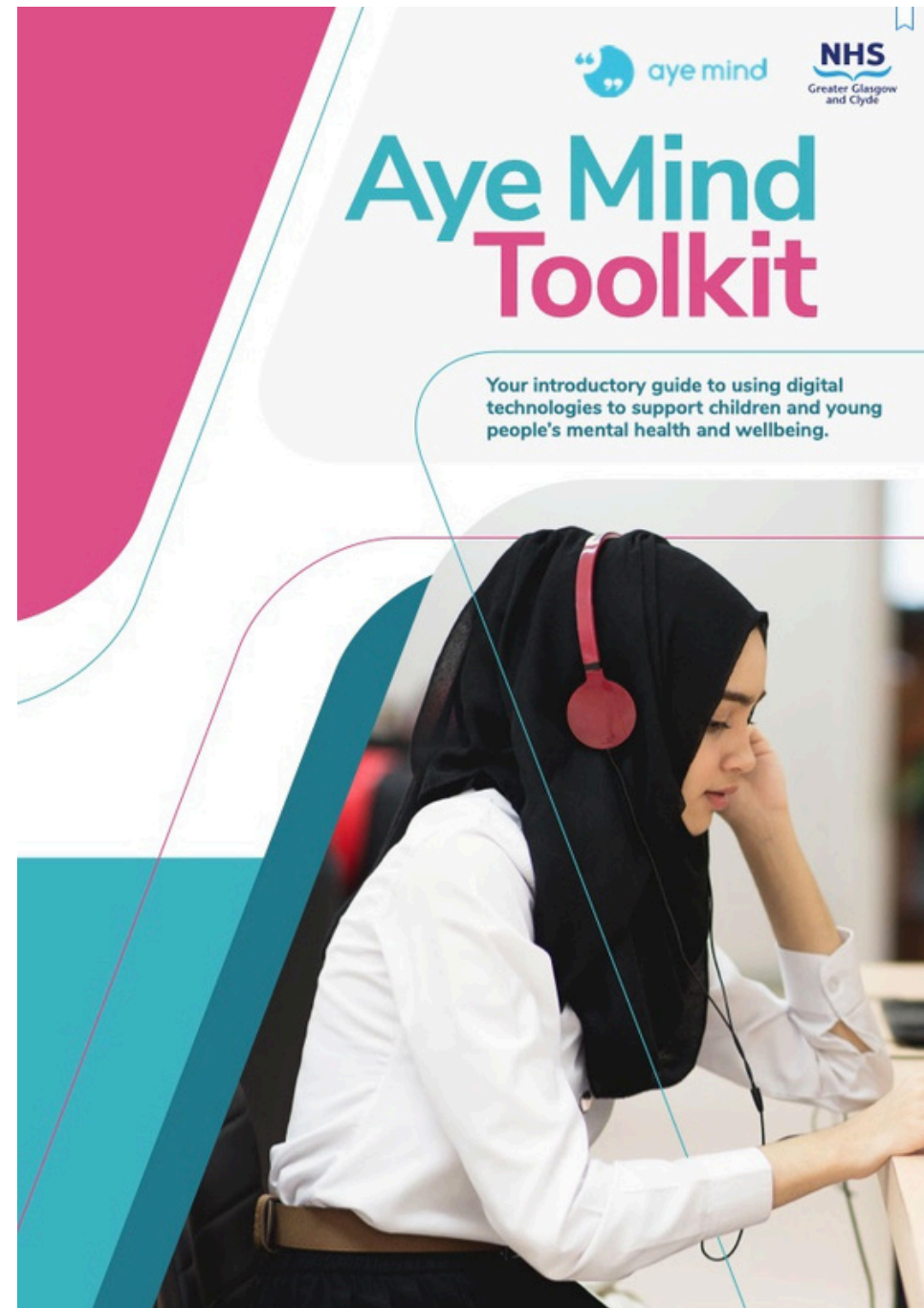


Contract with our commissioned training provider **SAMH** concluded in March 2024.

373 courses have been delivered between 2020-2024. Courses have included; Introduction to Suicide Prevention, Trauma and Mental Health, Building Resilience, Hybrid Working, Mental Health Supporting Others, ASIST and Scottish Mental Health First Aid among others.

3560 participants from Health, Education, Social Work, Housing and Third Sector attended the courses.

Digital



Continue to chair the NHSGGC **Aye Mind Digital Collaborative**, a multi-disciplinary network of partners from across GGC interested in digital youth mental health and wellbeing. Sub-groups have been established to progress the following six priorities: Developing Digital Skills and Wellbeing, Youth Engagement, Digital Inclusion, Evaluating Digital Tools, Championing Digital, Online Harms.

Widespread communications of the findings from the qualitative project, **“It’s Not Safe and Consistent”**, exploring the impact of social media on self-harm among young people. Including: presenting at the UKSBM Conference, a Specialist Children’s Services mini-research conference, and having a poster accepted at the ‘Solving the Crisis in Mental Health Services: Global Solutions’ conference.

Capacity Building and Communication

Mental Health Improvement Team **Veterans' Mental Health**

Armed Forces Covenant

NHS Greater Glasgow and Clyde have signed up to the **Armed Forces Covenant**, affirming its ongoing commitment to those individuals who currently serve, our Reservists and those veterans who are key members of our society. The Armed Forces Covenant is a promise from the nation that those who serve or have served in the armed forces, and their families, are treated fairly.

Dean Cameron, from NHSGGC, pictured right, tells us: "I was in the army for 13 years and know first hand how difficult it is when you start to transition out of the military. My role as Project Planning Officer for Veterans Mental Health has kept me in some way connected to the Armed Forces, it enables me to look at ways we can help improve veterans' mental health care here in Glasgow and help fulfil our obligation to the Armed Forces Covenant. It is important we as an organisation are aware of the challenges veterans face and what we can do to support them when the time comes for them to return to the civilian world". For more information on the work of NHSGGC Veterans' Mental Health, contact dean.cameron@ggc.scot.nhs.uk

Resources and Supports click on images to download information

- NHS Inform** Offers mental health information targeted at Veterans and signposts to other supports.
- COMBAT STRESS** Provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues resulting from their experiences during military service.
- DMWS** Provide medical welfare to those who have, and continue to, serve on the frontline. Supports include mental health and wellbeing, financial inclusion and substance use.
- Apps** A toolkit for to help education staff answer the questions they will have when a pupil from an Armed Forces family joins their school. The toolkit aims to provide insights into Armed Forces children, improve outcomes for them and provide professional development and resources.
- Helpines, 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.
 - 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. **Breathing Space**
 - Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE. **116 123**.
 - If you have a problem with gambling and need help, call 0370 050 8881, open 24 hours.
 - If you have a problem with drugs, Narcotic Anonymous UK can help, call 0300 999 1212 Open 10am-midnight 7 days a week.
 - If you need help with a drinking problem, Alcoholics Anonymous can help. Call free on 0800 9177 650.
- withyou** Provides brief intervention, advice, referrals and emotional support via a Wechat service. Free and anonymous service for everybody who is in need of drug, alcohol or mental health support.
- togetherall** A safe, online service providing access to millions with anxiety, depression and other common mental health issues. Free for serving personnel, veterans, family members and carers.

aye mind
Digital youth mental health news, research, resources, and developments.

Issue 09

Gaming

Gaming is extremely popular with children and young people:
57% of UK children aged 3-15 play games online and 39% of those 16+ do (Ofcom, 2023).

It can feel hard to keep up to date with the latest games, know their mental health impact, be aware of the key safety concerns, and how to support children and young people to have a safer and happier gaming experience. This newsletter provides an introduction to online gaming and mental health.

Mental health impacts of gaming

Positive impacts:

- Way to unwind & relax
- Learn new skills
- Have fun
- Connect with friends and family

Negative impacts:

- Displace other activities (sleep, exercise, studying or working)
- Isolation and loneliness
- Feeling a lack of control over gaming
- A form of escapism/avoidance of problems.

Spot the signs

There are several signs that a child or young person might be experiencing issues with gaming:

- Persistent tiredness/signs of sleep deprivation
- Loss of interest in real-life relationships as a result of gaming
- Seeming withdrawn
- Anti-social behaviour towards family and friends
- No longer keeping up with other interests
- Obsessive nature toward a game, inability to reduce playing.

Developed by Laura Hills, Health Improvement Senior, on behalf of the Mental Health Improvement Team - June 2024

Online Harms

There are a range of online harms to be aware of that can happen on gaming platforms, including:

- Cyberbullying** Cyberbullying, negative comments, and abuse are prevalent in online gaming. The anonymity of players and the use of avatars can encourage harassment and bullying. [Visit CyberOnline for information and how to respond.](#)
- Online grooming** Most children's first interaction with someone they don't know is on an online gaming platform. In-game chat means that children and young people can talk to people they don't know, including adults. [ThinkUknow has more on grooming and how to respond.](#)
- Addiction** Problems can arise when children and young people start to lose control over their gaming habits, including neglecting other areas of their lives. [Young Minds information on having healthy boundaries with gaming.](#)
- In-app Purchases & Gambling** In-app purchases can help get additional features, items, and lives and are often linked to bank cards or accounts like PayPal. Concerns have been raised about Loot boxes and their links to gambling. [Visit BBC Check It Out on mobile phone Lootboxes.](#)

Helpful Resources

- Online Gaming Advice Hub** - A resource hub from Internet Matters sharing the latest advice on having safe and positive gaming experiences.
- Gaming Age Guides** - Advice from Internet Matters on gaming for [under-16s](#), [children](#), and [teens](#).
- Games Reviews** - A collection of reviews of popular games from Common Sense Media to help find age-appropriate games and identify potential risks.
- Guidance** - Information from Childnet on online gaming, its risks, top safety tips, and how to have conversations with children and young people about their gaming.

If you have any comments or suggestions for this newsletter, or if you would like to subscribe to it, please email ggc.mhlead@ggc.scot.nhs.uk

Delivered 2 Screen Time and Mental Health Healthy Minds Sessions to **23** partners and volunteers across Greater Glasgow and Clyde.

Continue to produce our **Monthly Mental Health Snippets** in partnership with our partners and colleagues.

131 people are now subscribed to our new monthly **Aye Mind** Newsletter, for digital youth mental health.

2,264 followers on our **@Ayemind99 X** (formerly Twitter) account.

Campaigns

Extensive involvement in various **mental health awareness campaigns**, including Time to Talk Day, Safer Internet Day, Self-injury Awareness Day, World Sleep Day, Stress Awareness Month, Mental Health Week, Infant Mental Health Week, Pride Month and Armed Forces Month among others.

Mental Health Improvement Team NHS Greater Glasgow and Clyde
World Sleep Day: 15th March 2024

The Mental Health Benefits of Sleep

- Improves mental function**: Good quality sleep helps us to stay sharp and focused.
- Provides stress relief**: Sleep can have an 'anti-stress' effect and relax the systems in our bodies that are responsible for the stress response.
- Improves mood**: Sleep helps regulate our emotions, allowing us to interact well with others and maintain good interpersonal relationships.
- Improves relationships**: Sleep problems can cause anxiety, and anxiety can disrupt your sleep. Practicing good sleeping habits can help reduce anxiety.
- Reduces anxiety**: Sleep helps regulate our emotions, allowing us to interact well with others and maintain good interpersonal relationships.

Information and Resources

- Healthy Mind Session Sleep and Mental Health (no.14)**: This session aims to raise awareness of sleep and links to mental health and wellbeing. Can be used by anyone, no training required.
- RSPH Understanding Sleep: Don't Hit Snooze on Your Health**: A free online course, teaching you about the benefits of healthy sleep and how to improve your own sleep routine.
- This downloadable resource explains sleep and mental health - it also gives practical suggestions and information about where to get support.**
- Provides information on how to sleep better and hear how other people have managed to improve their sleep.**
- An online sleep improvement programme which delivers tailored and engaging advice 24/7.**
- Sleep and Pregnancy**: A downloadable guide providing some practical tips.
- Trouble Sleeping?** If you are in need of some self-help techniques you can try.

Helplines and Support

- Support for parents with crying and sleepless babies. Free helpline **0800 448 0737**, open 7 days a week 9am-10pm.
- For parents and carers living in Scotland seeking support with their child's sleep problems can contact sleep advisors. Contact **sleepsupport@slpaction.org** and they will arrange a phone call.
- NATIONAL DEBTLINE**: Call **0800 808 4000**, Mon-Fri 9am-8pm and Saturday 9:30am - 1pm.
- 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.
- Breathing Space**: Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE. **116 123**.
- 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.

Mental Health Improvement Team NHS Greater Glasgow and Clyde
Stress Awareness Month April 2024

What is Stress?

Stress is a natural emotional response to the challenges and demands in our lives. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Stress is not an illness but can cause illness if not addressed and managed in a healthy way.

Causes and Impact

Work, Anxiety, Social Withdrawal, Unemployment, Exams, School, Debt, Cost of Living, Relationships, Bereavement, Bullying, Global Affairs, Sleep problems, Depression, Mood Swings, Low self-esteem, Unhealthy Coping Strategies.

Resources for Managing Stress

- Steps to deal with stress**: A downloadable simple guide to stress less and enjoying life more.
- Are you feeling stressed?** A downloadable booklet to help you cope better with stress.
- A downloadable guide that provides tips on how to manage and reduce stress.**
- Useful information on what to do if you are struggling with stress.**
- Understanding and dealing with stress**: Activities helping to recognise and how to deal with feelings of stress.

APPS

- An online sleep improvement programme which delivers tailored and engaging advice 24/7.
- Learn proven and techniques to face difficult emotions, and be more present.

Helplines and Support

- Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit **www.childline.org.uk**
- 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.
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Mental Health Improvement Team NHS Greater Glasgow and Clyde
Mental Health Week 2024

Movement: Moving more for our mental health

Physical activity and mental wellbeing are closely linked. Sometimes the best thing we can do for our mental health is to move around and be active.

Mental Health and Movement: The Benefits

- Alleviating anxiety**: Helps concentration, Better sleep, Slowing cognitive decline.
- Reduces depression**: Sharper memory and thinking, Reduced anger, Reducing symptoms of stress.
- Improves mood**: Sharper memory and thinking, Reduced anger, Reducing symptoms of stress.

Resources

- Keeping active during and after pregnancy**: Information to help keep active during pregnancy and getting back to previous levels of fitness or starting new activities after birth.
- Play helps children learn and practice new skills, make friends and find a sense of self. Play changes as children develop into adults and includes hobbies and leisure activities.**
- Five Steps to Wellbeing**: Evidence suggests there are five steps we can all take to improve our mental wellbeing, one being keeping active. If you give them a try, you may feel happier, more positive and able to get the most from life.
- Keeping active in later life**: A useful guide with information on how to keep active in later life.
- Keeping active guidelines**: Learn about the recommended physical activity guidelines for your age group. Also available in BSL.
- Getting active can be a struggle** - including those of us who live with mental health problems. Useful information to learn more, including tips and activities that you can try.
- Highlights a selection of local and national sports organisations and clubs for people with a disability or living with a long term health condition.
- Our Green Spaces of Greater Glasgow and Clyde** resource includes information about available green spaces across the 6 Health and Social Care Partnerships.
- paths for all**: Find out about health walks in your area, dementia friendly walks, buggy walks and workplace walks.

Helplines

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Contact Information



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Senior Business Support Assisant



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Business Support Assistant

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

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