





Empowering Minds













Workforce resource:
A-Z Guide of national and local
services, Training and Education




















Support








Organisation	Contact Details/Description
Age Scotland	<p>Information, advice and friendship, support for older people's groups, health and wellbeing programmes and more.</p> <p> www.ageuk.org.uk</p> <p> 0800 12 44 222</p>
Alcoholics Anonymous	<p> www.alcoholics-anonymous.org.uk</p> <p> National Helpline 0800 917 7650</p>
Alcohol Counselling and Brief Intervention Service (GCA)	<p>GCA offers individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol issue. The service is provided by trained staff and volunteers either in East Dunbartonshire or in the evenings and weekends at our Head Office base in Glasgow. GCA staff host alcohol information stalls and provide alcohol brief interventions (ABIs) in community settings as well as delivering ABI skills training.</p> <p>Opening days/hours: Mon-Thurs, 9am-9pm Fri, 9am-6pm Sat, 9am-1pm</p> <p>Contact: Susan Philp, 14 North Claremont Street, Glasgow, G3 7LE.</p> <p> www.glasgowcouncilonalcohol.org</p> <p> 0141 353 1800</p> <p> 0808 802 9000</p> <p> support@glasgowcouncilonalcohol.org</p>







Organisation	Contact Details/Description
Baby Loss Retreat	<p>Baby Loss Retreat provides aftercare support to families who have been bereaved by the loss of a baby through miscarriage, stillbirth, TFMR, neonatal death and IVF complications. Aftercare support includes counselling, trauma therapy, listening music therapy for siblings affected by the loss and two days away at one of the retreats in Scotland. They also hold two support groups on the last Monday of every month</p> <p> www.babylossretreat.org.uk</p> <p> 07555 467805</p> <p>Office hours: Wed-Fri, 9am-5pm, phonenumber open 24hrs</p>
Breathing Space	<p>Calls are free. It is a free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to.</p> <p> www.breathingspace.scot</p> <p> 0800 83 85 87</p>
Brothers in Arms	<p>They are not a crisis service, but provide mental health support, resources and links aimed at men's mental wellbeing. Brothers in Arms use digital technology as a way to reach out.</p> <p>The Brother-Stay Alive App is a suicide prevention resource for Scotland – full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a Life Box where you can store photos and memories that are important to you.</p> <p> www.brothersinarmsscotland.co.uk/</p>








Organisation	Contact Details/Description
Calm (Campaign Against Living Miserably)	<p>Provides freephone and online chat support 5pm-midnight daily. The website has information on a range of mental health topics.</p> <p> www.thecalmzone.net</p> <p> 0800 58 58 58</p>
Carers Link	<p>Providing support to carers within East Dunbartonshire by offering one-to-one support, information, advocacy, courses and groups.</p> <p> www.carerslink.org.uk</p> <p> 0800 975 2131</p>
Ceartas	<p>Providing independent advocacy on issues including communicating with social work, guardianship, accessing extra support for education or employment, and Personal Independence Payment (PIP) assessments, among many other things.</p> <p> www.ceartas.org.uk</p> <p> 0141 775 0433</p>
Child Line	<p>A free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.</p> <p>Open 24/7</p> <p> www.childline.org.uk</p> <p> 0800 1111</p>
Combat Stress.	<p>Treatment and support for those with conditions such as PTSD, anxiety and depression</p> <p>Here To Help 24/7</p> <p> https://combatstress.org.uk</p> <p> 0800 1381619</p> <p> TEXT: 07537 173683</p> <p> helpline@combatstress.org.uk</p>






Organisation	Contact Details/Description
Creatovators	<p>Running regular 'You Are Not Alone' information sessions for families supporting an autistic person in East Dunbartonshire, as well as regular playschemes.</p> <p> www.creatovators.com/</p> <p> info@creatovators.com</p> <p> 0141 401 0560</p>
CRUSE	<p>Compassionate grief and bereavement support in Scotland</p> <p> www.crusescotland.org.uk</p> <p> Free Helpline: 0808 802 6161 Monday to Friday 9am - 8pm, weekends 10am - 2pm.</p>
East Dunbartonshire Alcohol and Drugs Recovery Service (ADRS)	<p>The service offers assessment, support and treatment for alcohol and drugs issues by offering person-centred, recovery-focused care and treatment. You may be referred to other recovery services when appropriate.</p> <p>Hours of Service: 9am to 5pm, Monday to Friday.</p> <p> www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service</p> <p> 0141 232 8211</p>
East Dunbartonshire Association for Mental Health (EDAMH)	<p>EDAMH is a local voluntary sector organisation and charity which offers emotional, practical and social support to people experiencing mental ill health who live in East Dunbartonshire.</p> <p>Office Hours: 9am till 5pm Mon-Fri</p> <p> https://edamh.org.uk</p> <p> https://edamh.org.uk/suicide-prevention</p> <p> 0141 955 3040</p>










Organisation	Contact Details/Description
East Dunbartonshire Citizens Advice Bureau	<p>Providing advice on a range of topics, including financial, legal and healthcare issues. East Dunbartonshire CAB also has a dedicated service to help with understanding and applying for disability benefits.</p> <p> www.edcab.org</p> <p> 0141 557 3220</p>
East Dunbartonshire Recovery Café – Facilitated by East Dunbartonshire alcohol & drugs peer recovery workers	<p>Whether you are new to recovery or in long-term recovery, experiencing a crisis or struggling with a relapse, in a mental health transition or going through a difficult life change, the Café is a place of support and stability for all individuals seeking to break the cycle of destruction and despair.</p> <p>Hillhead parish church Every Tuesday 12-4pm</p> <p>Lunch 12pm ORT GROUP 1pm Recovery meeting 2pm Holistic therapies 3pm</p> <p> Peer recovery worker Gayle wiliamson 07855196916 John dobbin 07855196758</p>
EDVA (East Dunbartonshire Voluntary Action)	<p>Assisting people within East Dunbartonshire to find positive volunteering opportunities and providing ongoing support throughout.</p> <p> https://edva.org</p> <p> 0141 578 6680</p>
East Dunbartonshire Womens aid	<p>Women's Aid support women, children and young people who are experiencing domestic abuse.</p> <p> www.edwa.org.uk</p> <p> 0141 776 0864</p>












Organisation	Contact Details/Description
Family Addiction Support Service (FASS)	<p>FASS is a confidential support service for parents and adult family members affected by, or concerned about, a loved one's drug or alcohol use.</p> <p>The service offers support, counselling, advice and information to parents, spouses, partners and adult family members who, due to their loved one's alcohol or drug problems, are being negatively impacted.</p> <p> www.fassglasgow.com</p> <p> 0141 737 3699</p>
FRANK	<p>Honest information about drugs</p> <p> www.talktofrank.com</p> <p> 0300 123 6600</p>
GAMH - Glasgow Association for Mental Health	<p>GAMH has specific projects including: Young Carers; Adult Carers; Later Life Project; and CALM project – access to complementary therapies for people 60+ living with long-term conditions. To discuss a referral, please get in touch.</p> <p>GAMH offers a range of services for people experiencing, or recovering, from mental ill health. Services aim to promote recovery, life and self-care skills, and community connections, and to increase personal networks,. Support may include: one-to-one support; group activities; befriending; and peer support opportunities.</p> <p>Referrals for all services can be made by: PCMH Teams; Social Care Direct, Housing; Community Addiction Teams; and Homelessness Services.</p> <p> www.gamh.org.uk</p> <p> GAMH Head Office 0141 552 5592</p>
Get Informed (Young Scot)	<p>Free and confidential information line. Provides details on health information services available to young people in the local area.</p> <p>Mon – Fri 10am – 6 pm</p> <p> www.young.scot/get-informed</p>




Organisation	Contact Details/Description
GRACE	<p>A local charity that manages and operate's peer-led recovery aftercare groups in the towns of Kirkintilloch and Auchinairn, serving the whole of East Dunbartonshire.</p> <p> https://graceaftercare.org/about-us</p>
Heads Up	<p>Heads Up provides advice and information on mental health conditions – about how you can support yourself or the people you care for, the services available and the range of interventions you may participate in. Heads Up has mental health information described in British Sign Language (BSL).</p> <p> www.nhsggc.scot/your-health/heads-up-mental-health-support/</p>
Help for heroes	<p>If you are a veteran, a serving member of the Armed Forces community, if you worked alongside the UK military or are a relative of any of the above, Help for Heroes is here for you.</p> <p> www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/improve-your-mental-health/</p>
Know The Score	<p>Whether you've taken drugs, are thinking of taking them or are just curious and want to know more, it's important to know the real facts about drugs.</p> <p> www.knowthescore.info</p> <p> 0800 587 5879</p>
Local Area Co-ordinators (LACs)	<p>Supporting people with an autism and/or mild learning disability diagnosis (over 14 years old) to fulfil their ambitions, such as finding employment, preparing for further study, increasing social networks and building independence.</p> <p> LACs@eastdunbarton.gov.uk</p> <p>The Local Area Co-ordinators will be able to share a document with all services available for the neurodivergent community</p>






Organisation	Contact Details/Description
Men Matter Scotland	Promote wellbeing and prevent suicide in men  www.menmatterscotland.org
Mental Health Network	MHNGG are a 'user-led' mental health collective advocacy organisation. People can access free and impartial information about mental health support and services through the website or they can call during office hours Mon – Fri 9am – 5pm  www.mhngg.org.uk  0141 550 8417
Mental Health Online Support Services	Living Life (NHS24) offers support to people in Scotland through self-guided help and cognitive behavioural therapy. Self-refer for an assessment by calling (Monday-Friday, 9am-9pm).  www.nhs24.scot/how-we-can-help/living-life  0800 328 9655
National Self-Harm Network	Offers support to individuals who self-harm to reduce emotional distress and to improve their quality of life. Closely monitored, available 24/7  www.nshn.co.uk/
NHS 24	NHS 24 is one of Scotland's seven special health boards. It is Scotland's provider of digital health and care services. These are delivered by phone and through a range of digital channels, including online platforms.  111







Organisation	Contact Details/Description
NHS Inform	<p>Advice on dealing with low mood, anxiety, phobias, stress and where you can get help</p> <p> www.nhsinform.scot/healthy-living/mental-wellbeing</p>
Papyrus – HopeLine 24/7	<p>Here For Life.</p> <p>HopeLine 24/7 – 0300 102 2470 – is a free, confidential helpline offering practical, compassionate support around the clock.</p> <p>When young people are thinking about suicide or feeling unsafe, they need to know how and where to find help. And everyone around them needs to know what to do and say when it matters most. That's why Papyrus exists.</p> <p> Call 0300 102 2470 – 24-hours-a-day, every day Text 88247</p> <p> pat@papyrus-uk.org</p> <p> Webchat – via www.papyrus-uk.org – 24-hours-a-day, every day</p> <p> www.papyrus-uk.org/help-me/hopeline-24-7</p> <p>You do not have to give your name or location. Papyrus are here. They're always here. That's how they save lives.</p> <p>They aim to help children and young people under the age of 35 who are experiencing thoughts of suicide, and anyone who is concerned that a young person could be thinking about suicide.</p> <p>They help people to spot the signs and start conversations about suicide – working with communities, schools and workplaces to make them suicide-safer places. They campaign, educate and advocate for change – to keep young people safe and hope alive.</p> <p>Everything they do is focused on one thing: preventing young suicide. Whether you need support, training, resources, want to help others or want to raise funds/ awareness – Papyrus can help.</p>











Organisation	Contact Details/Description
Parent Line	<p>Mon-Fri, 9am to 9pm Sat-Sun, 9am to noon</p> <p> 08000 28 22 33</p> <p> www.children1st.org.uk/help-for-families/parentline-scotland/</p>
Penumbra	<p>Penumbra provides essential projects for young people and adults who self-harm, offering a safe, non-judgmental space in which to explore feelings and worries. Service users are offered one-to-one and group support for as long and as often as is desired.</p> <p>Monday to Friday, 9am – 5pm</p> <p> www.penumbra.org.uk</p>
Petal	<p>PETAL Support is a specific bereavement grief and loss charity, primarily for immediate family members of people who have been affected. It supports people who are experiencing bereavement grief, trauma and loss (affected by murder, culpable homicide and suicide). PETAL may provide therapy (counselling) services within a limited psychotherapeutic skill set, for those bereaved family members who are appropriate to attend.</p> <p>PETAL Support has offices in Glasgow, Hamilton, and Edinburgh</p> <p> www.petalsupport.com</p> <p> 01698 324502 (nationwide)</p>
Police	<p> 999 emergency</p> <p> 101 incident report</p>
Project 101	<p>Supporting people to identify housing options, manage existing tenancies and learn independent living skills.</p> <p> www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101</p> <p> Project101@eastdunbarton.gov.uk</p>









Organisation	Contact Details/Description
Railway Mission	<p>The Railway Mission is a group of specially trained people who offer friendship and a listening ear to anyone connected with our nation's railways. That includes in-person/face-to-face services (telephone service during normal office hours) and responding to out-of-hours emergencies. It is an independent organisation, acting impartially and with the utmost discretion (see website for more details).</p> <p> https://railwaymission.org</p> <p> 0203 887 7000</p> <p> office@railwaymission.org</p>
SACRO	<p>SACRO is a community justice organisation in Scotland that aims to deliver life-changing services that empower communities. Veterans mentoring service available for those that have been in or on the periphery of the justice system.</p> <p> www.sacro.org.uk</p> <p> 0131 624 7270</p>
Samaritans	<p>They provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide.</p> <p> www.samaritans.org</p> <p> 116 123 (24hrs/day) Calls are free.</p> <p> jo@samaritans.org</p>
SAMH: Scottish Action for Mental Health	<p>Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, SAMH are here to help. You can also speak to an advisor via Live Web Chat which will pop up when an advisor is available.</p> <p>Available: 9am to 6pm, Monday to Friday</p> <p> www.samh.org.uk/</p> <p> 0344 800 0550</p> <p> info@samh.org.uk</p>

Organisation	Contact Details/Description
<p>Scottish Drugs Forum (SDF)</p>	<p>Research and Peer Engagement</p> <p>The service recruits volunteers who have living or lived experience to be peer researchers with SDF. They receive extensive training and support from the team and will be involved in evaluation/research projects in East Dunbartonshire.</p> <p>These projects focus on the experience of individuals using local services, with peer researchers encouraging people to feel comfortable in sharing these openly and honestly without judgement. Peer research volunteers receive access to other opportunities within SDF and beyond, and will be supported to access these as they wish to.</p> <p>Opening days/hours: Monday-Friday, 9am-5pm</p> <p>Contact: Samantha Stewart 1/1 91 Mitchell Street, Glasgow, G1 3LN  samanthas@sdf.org.uk  07747 481305  www.sdf.org.uk</p>

Organisation	Contact Details/Description
<p>Scottish Families Affected by Drugs & Alcohol (SFAD)</p>	<p>SFAD Adult Services East Dunbartonshire</p> <p>Scottish Families Affected by Alcohol and Drugs (SFAD) is a national charity which supports anyone concerned about someone else's alcohol or drug use in Scotland. They give listening support and information to many people and help them with confidence, communication and general wellbeing, and link them into local support. They also help people recognise and understand the importance of looking after themselves.</p> <p>Support comes in a range of different sizes. In East Dunbartonshire, SFAD offers:</p> <ul style="list-style-type: none"> · One-to-one support · Group support · CRAFT (Community Reinforcement Approach & Family Training) · Support to access bereavement counselling · Access to Naloxone <p>Opening days/hours: Monday to Friday, 9am-5pm</p> <p>Contact: Ellis Reddick</p> <p> ellis@sfad.org.uk</p> <p> 07487 675621</p> <p> 08080 10 10 11</p> <p> https://www.sfad.org.uk</p>
<p>Shelter</p>	<p>Housing support services, housing costs, your rights, repairs to your home, eviction, repossession, homeless, sofa surfing or nowhere to stay.</p> <p> https://scotland.shelter.org.uk</p>

Organisation	Contact Details/Description
SHOUT	<p>The UK's free, confidential and 24/7 mental health text service for crisis support.</p> <p>Free confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and in immediate need of support.</p> <p> https://giveusashout.org</p> <p> Text 'shout' to 85258</p>
SSAFA	<p>Practical housing advice and support to veterans and their dependents</p> <p> www.ssafa.org.uk/get-help/welfare-and-benefits/housing-advice</p>
Staying Safe	<p>If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading and watching the videos for some ideas about how to get through. There may be things that you – and other people – can do to make things better.</p> <p> https://staying-safe.net</p>
Support from GP	<p>GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful.</p>
Survivors of Bereavement by Suicide	<p>They offer a range of support services for adults over 18 – run by volunteers, the majority of whom have been bereaved by suicide themselves. They also provide information via the website and publications.</p> <p> https://uksobs.com</p> <p> 0300 111 5065</p>

Organisation	Contact Details/Description
The Mix	<p>The website offers key information on a whole range of health and wellbeing issues including self-harm for young people. They also use Crisis Messenger - a 24/7 service delivered in partnership with:</p> <p>Crisis Text Line – text HOME to 741741, visit www.crisistextline.org</p> <p>Shout – text ‘Shout’ to 85258, visit https://giveusashout.org</p> <p>4pm to 11pm every day</p> <p> www.themix.org.uk</p>
The Pandas Foundation Helpline	<p>For parents and their networks who need support with perinatal mental illness. (Open Monday-Sunday, 9am-8pm)</p> <p> 0808 1961 776.</p>
The Spark	<p>Providing relationship counselling and support services for individuals, couples and families, as well as relationship education and counselling for young people.</p> <p> www.thespark.org.uk</p> <p> Counselling enquiry 0808 802 2088</p> <p> Relationship helpline 0808 802 2088 (over 18)</p> <p> General enquiries 0141 222 2166 Mon-Fri: 9am-5pm</p>
Touched by Suicide	<p>A self -help organisation for those who have been ‘Touched by Suicide’, to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.</p> <p> https://touchedbysuicidescotland.wordpress.com</p> <p> 01294 274273</p> <p> touchedbysuicidescotland@hotmail.co.uk</p>
Veterans Scotland.	<p>Covers all Scotland – providing a focal point for all matters concerning the ex-service community</p> <p> www.veteransscotland.co.uk</p>

Organisation	Contact Details/Description												
Victim Support Scotland Glasgow	<p>Support for people affected by crime, including one-to-one emotional and practical support, as well as information and support for those attending court as witnesses</p> <p>Granite House, Fourth Floor, 31-33 Stockwell Street, Glasgow, G1 4RZ</p> <p>Our support suite can be accessed via the following address: Support Suite, Fourth Floor, 177 Trongate, Glasgow, G1 5HF</p> <p> 0141 553 2415</p> <p> VictimSupportGlasgow@victimsupportsco.org.uk</p> <p> National Helpline 0800 917 7650</p> <table border="0"> <tr> <td>Monday</td> <td>9am-5pm</td> </tr> <tr> <td>Tuesday</td> <td>9am-5pm</td> </tr> <tr> <td>Wednesday</td> <td>9am-5pm</td> </tr> <tr> <td>Thursday</td> <td>9am-5pm</td> </tr> <tr> <td>Friday</td> <td>9am-5pm</td> </tr> <tr> <td>Saturday</td> <td>9am-1pm</td> </tr> </table> <p> If you need support outwith these hours, our helpline is open 8am-8pm, Mon-Fri: 0800 160 1985</p>	Monday	9am-5pm	Tuesday	9am-5pm	Wednesday	9am-5pm	Thursday	9am-5pm	Friday	9am-5pm	Saturday	9am-1pm
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Who Dares Cares	<p>A dedicated united kingdom armed forces and blue light services charity.</p> <p>Who Dares Cares' mission is to support our Armed Forces and Blue Light Services personnel, including their families, who are suffering from Post-Traumatic Stress Disorder (PTSD).</p> <p> www.who-dares-cares.com</p> <p> 07341 872805</p> <p> wdc@who-dares-cares.com</p>												
WITH YOU	<p>Available to work with you on your own goals, whether that's making small changes, stopping drugs or alcohol completely or just getting some advice if you're worried about your own or someone else's drinking or drug use, or your mental health.</p> <p> www.wearewithyou.org.uk</p>												

Learning Resources

Topic	Access
A Manual For Me	Surviving and thriving as an LGBTQ+ person, a toolkit to help plan for times when coping is hard including when you might be thinking about suicide: www.lgbthealth.org.uk/resource/manual-for-me-lgbt
A guide to the mental health experiences and needs of autistic teenagers	The aim of this e-learning module is to increase understanding of autistic young people's mental health experiences and explore strategies to support them – visit www.autism.org.uk/what-we-do/news/e-learning-module-exploring-the-mental-health
Ask, Tell Animations - Adult	<p>Three animations that inform individuals working with adults about: mental health, how to maintain this; the factors that can lead to mental distress or mental ill-health; and how to have compassionate conversations which set out how to support people who are experiencing mental distress or may be feeling suicidal and help them seek help.</p> <p>Although these can be viewed on their own, it is recommended that these are viewed as part of a wider learning activity (see eLearning Module via TURAS Learn).</p> <p>Ask, Tell, Look After Your Mental Health Understanding mental health and keeping mentally healthy - (open access: https://vimeo.com/338176495)</p> <p>Ask, Tell, Have a Healthy Conversation Supporting compassionate conversations with people who may be experiencing mental ill-health or distress or at risk of suicide - (open access: https://vimeo.com/338176444)</p> <p>Ask, Tell, Save a Life Every Life Matters suicide prevention and keeping people safe (open access: https://vimeo.com/338176393)</p>

Topic	Access
	<p>eLearning module A standalone eLearning module which explores what is mental health, provides awareness on how to have a compassionate conversation with people who may be experiencing mental distress and looks at exploring the issue of suicide, including statistics and facts about suicide in Scotland. Access https://learn.nes.nhs.scot/17262</p>
<p>Ask, Tell Animations - Children and Young People</p>	<p>Ask, Tell, what is mental health? Identify ways in which you can support good mental health in children and young people, and recognise the signs of mental ill health. Positive experiences, relationships and a sense of belonging are all important in building resilience and good mental health in children and young people. It is important to look behind behaviours, be curious and ask why. Access: https://vimeo.com/450051310</p> <p>Ask, Tell, how to talk about Mental Health It is important to talk with young people about their mental health. This animation identifies the importance of finding time and creating a safe environment to talk. Access: https://vimeo.com/450052951</p> <p>Ask, Tell, Self-harm and Suicide Prevention Learn about: self-harm and suicide risk in children and young people; the importance of talking and asking about suicidal thoughts and self-harm; and getting immediate help when you are worried about a child or young person's safety. Prevention of suicide and self-harm is everyone's business. Access: https://vimeo.com/450054407</p>
<p>Being there for someone at risk of suicide:</p>	<p>A resource for people who care about someone who has tried to take their own life or are worried that they might. www.gamh.org.uk/wp-content/uploads/Being-there-for-someone-at-risk-of-suicide-a-guide-to-taking-care-of-yourself-and-others.pdf</p>

Topic	Access
Distress brief intervention	<p>New module to support organisations in Scotland to recognise and respond to distress, designed by the University of Glasgow.</p> <p>www.dbi.scot/news/e-module-supports-recognising-and-responding-to-distress-2/</p>
Enhanced and Specialised Level	<p>Enhanced Level' focuses on the knowledge and skills required by staff working in health and social care, and wider public services, who have regular and intense contact with people experiencing mental distress and mental ill health, and people who may be at risk of self-harm or suicide – whose job role means they can provide direct interventions.</p> <p>The 'Specialist Level' focuses on the knowledge and skills required for staff, who because of their role and/or practice setting, play a specialist role in mental health improvement and the prevention of self-harm or suicide, and includes specialist mental health/public health professionals.</p> <p>Masterclasses</p> <p>A range of recorded masterclass sessions are available for people whose work role requires them to further develop skills and knowledge at the enhanced and specialist level of the mental health improvement and prevention of self-harm and suicide framework.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Scottish Data and Statistics - National Confidential Inquiry into Suicide and Self-Harm - Presented By Professor Louis Appleby • Understanding the transition from suicidal thoughts to suicidal act - Presented By Professor Rory O'Connor • Time to address 'the causes of the causes': effective suicide prevention also requires sound policy interventions - Presented By Professor Steve Platt • Recovery in Mental Health - Presented By Louise Christie • What can we do to prevent suicide within our roles? - Presented By Professor Rory O'Connor and Professor Steve Platt

Topic	Access
	<ul style="list-style-type: none"> • Exploring the impact of mental health stigma on access to and experience of healthcare - Presented by 'See Me' – Scotland's national programme to end mental health stigma and discrimination. <p>The recordings for each of the masterclasses can be found here: learn.nes.nhs.scot/33739</p> <p>For further information on these resources or to explore ways to be more involved, please contact the PHS/NES Team: Audrey Taylor, Head of Programme Maria Dale, Principal Educator Gillian Davies, Principal Educator Morag Ferguson, Senior Educator Email: mentalhealth@nes.scot.nhs.uk</p>
Healthy Minds Pocket Guide:	<p>Details a mental health support in each of the 6 HSCP's, helpful tips for looking after your mental health and wellbeing. Order free from Public Health Resource Directory.</p> <p>www.hpac.durham.gov.uk/HPAC/HPACIndex.jsp</p>
Inequalities in Mental Health in Scotland	<p>'Inequalities in Mental Health in Scotland' is now available to access on TURAS:</p> <p>https://learn.nes.nhs.scot/73663</p>
Mental health & wellbeing	<p>www.cypmh.co.uk</p> <p>The Mental Health Foundation Scotland (www.mentalhealth.org.uk), Digital Bricks Learning (digitalbrickslearning.com) and Children's Health Scotland (www.childrenshealthscotland.org) have created a Professional Learning Resource for Scottish Government (www.gov.scot) in Mental Health and Wellbeing. It has been designed for all staff working in schools across Scotland. It is open access and available to anyone who may find it of benefit.</p>

Topic	Access
<p>Mental health improvement, and prevention of self-harm and suicide</p>	<p>https://learn.nes.nhs.scot/17099</p> <p>Aimed at those working across health and social care settings, and beyond, this framework is designed to enable individuals, their teams and managers to identify and understand the values, knowledge and skills expected of them in mental health improvement and the prevention of self-harm or suicide.</p> <p>It will also help identify gaps or strengths in staff knowledge and skills. The framework articulates the knowledge and skills required across four levels of practice: informed, skilled, enhanced and specialist.</p> <p>Knowledge and Skills Framework</p> <p>https://learn.nes.nhs.scot/73663</p> <p>https://learn.nes.nhs.scot/17100/mental-health-improvement-and-prevention-of-self-harm-and-suicide/mental-health-improvement-and-suicide-prevention-framework</p> <p>So far, the topics covered include:</p> <ul style="list-style-type: none"> • Scottish Data and Statistics - National Confidential Inquiry • Understanding the transition from suicidal thoughts to suicidal acts and the role of safety planning • Recovery in mental health • What can we do to prevent suicide in our roles? • Time to address ‘the causes of the causes’: effective suicide prevention requires sound policy interventions. • Turning the tide on mental health stigma <p>If you have suggestions for other masterclasses that you would find useful around mental health improvement, self-harm and suicide prevention, please email Mentalhealth@nes.scot.nhs.uk</p> <p>Any suggestions will be used to inform thinking and planning for future events/sessions.</p>

Topic	Access
Mental Health Resources For Schools And Youth Organisations	www.nhsggc.scot/downloads/mental-health-resources-for-schools-and-organisations/
Package of information, resources and organisations, which are freely available to support primary and secondary school staff to support mental wellbeing.	<p>It is hoped that it will be a useful and practical resource for practitioners working with children and young people, ensuring the focus on their wellbeing is equal to that of other curricular areas. The majority of these resources are universal support.</p> <p>https://education.gov.scot/resources/resources-for-school-staff-to-support-positive-mental-wellbeing-of-children-and-young-people</p>
Public mental health	<p>This module helps you to reflect on public mental health and a move towards more upstream, prevention-focused work to complement work around improving mental health services and wider crisis support.</p> <p>www.minded.org.uk/Component/Details/632895</p>
Samaritans Training and Engagement	<p>Programmes supports organisations to train their people and teams to spot and support anyone struggling to cope.</p> <p>www.samaritans.org/scotland/how-we-can-help/workplace/workplace-staff-training/</p>
Scottish drugs forum	<p>SDF training is for people working and living in Scotland. Bespoke training can be supplied for people outside Scotland, email enquiries@sdf.org.uk</p> <p>www.sdftraining.org.uk/online-learning</p>

Topic	Access
<p>See Me</p>	<p>'See me' is Scotland's national campaign to end the stigma and discrimination of mental ill-health. Provides information on a range of mental health issues including self-harm. Please note we are not able to provide any direct support to individuals in mental distress. If you need support please visit our 'Urgent Help' section</p> <p>Glasgow Office Brunswick House, 51 Wilson Street, Glasgow, G11UZ Office hours- 9.00am - 5.00pm, Monday - Friday</p> <p>www.seemescotland.org</p>
<p>Skilled Level Resources</p>	<p>The knowledge and skills required by 'non-specialist' frontline staff working in health, social care and wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide. These resources will support the skills development of the workforce. Each Learning Byte includes a range of case studies that help build knowledge and skills on the following areas:</p> <p>Learning Byte 1: Promoting Mental Health and Tackling Inequalities</p> <p>Includes understanding what mental health is, features of positive mental health, determinants of mental health, trauma and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace. Access: https://learn.nes.nhs.scot/37027</p> <p>Learning Byte 2: Supporting People in Distress and Crisis</p> <p>Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help, problem-solving, and knowing how and when to access more urgent support for someone. Access: https://learn.nes.nhs.scot/38199 Facilitation Package available.</p>

Topic	Access
Skilled Level Resources	<p>Learning Byte 3: Supporting People at Risk of Suicide</p> <p>Includes the factors that may lead people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, and practical and emotional approaches to supporting people at risk of suicide. Part B includes additional information about children and young people who may be at risk of suicide. Access: https://learn.nes.nhs.scot/41022</p> <p>Facilitation Package available.</p> <p>Learning Byte 4: Supporting People at Risk of Self-Harm</p> <p>Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and protective factors associated with self-harm, and ways you can positively respond to, and talk about, self-harm. Access: https://learn.nes.nhs.scot/39315</p> <p>Facilitation Package available.</p> <p>Learning Byte 5: Supporting Recovery and Quality of Life for People Living with Mental Ill Health</p> <p>Includes understanding the concept of recovery and how to work in a way that promotes this, supporting people to engage with wider community resources that promote social and peer support, meaningful purpose and positive relationships, understanding the physical health problems and barriers to treatment and lifestyle change that can be experienced by people living with mental ill health, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life.e. Access: https://learn.nes.nhs.scot/38200</p>

Topic	Access
Suicide ALERT Resources	<p>These support staff talking with someone who may be at risk of suicide. They explain the 'ALERT' model and provide some ideas for putting it into practice, as well as useful information about support services and suicide prevention resources.</p> <p>Resources include a briefing note (www.nhsggc.scot/downloads/suicide-alert-pathway-briefing/) and prompt sheet(www.nhsggc.scot/downloads/short-suicide-alert-pathway-2/)</p>
Supporting a mentally healthy workplace: a guide for managers	<p>A presentation for managers, team leaders and people in similar roles. It is designed to help you to better support the mental health of employees and to encourage good practice in promoting positive mental health and wellbeing in the workplace.</p> <p>Access: https://learn.nes.nhs.scot/46641</p>
Supporting new and expectant parents mental health:	<p>Helps staff have conversations with parents about their mental health during the perinatal period and signpost support appropriate to their needs to prevent a mental health crisis from developing.</p> <p>Order free from Public Health Resource Directory. www.hpac.durham.gov.uk/HPAC/HPACIndex.jsp</p>
The NHS Greater Glasgow and Clyde Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway <p>This is only accessible for NHS employees.</p>	<p>The NHS Greater Glasgow and Clyde Mental Health Improvement, Self-harm and Suicide Prevention Training Pathway is a tool to encourage the public health workforce to progressively build their knowledge and skills, relevant to their role and responsibilities in the area of mental health.</p> <p>The resource is not a training calendar, but rather a reference and guidance document to help individuals, teams and organisations explore potential training opportunities that are available and, whilst not exhaustive, it can support navigation through the relevant and appropriate levels according to roles</p> <p>www.nhsggc.scot/downloads/mental-health-improvement-self-harm-and-suicide-prevention-training-pathway/</p>

Topic	Access
Time space compassion podcast	https://suicidepreventionscotland.podbean.com
Trauma	https://www.traumatransformation.scot Developing your trauma skilled practice https://learn.nes.nhs.scot/24384/elearning-psychology/developing-your-trauma-skilled-practice
Trauma training	<p>Trauma is ‘everyone’s business’ and every member of the Scottish Workforce has a role to play in understanding and responding to people affected by trauma. This doesn’t mean that everyone needs to be a trauma expert —we know that different expertise and skills are required to support people’s recovery — but it does mean that all workers, in the context of their own role and work remit, have a unique and essential trauma informed role to play in responding to people who are affected by trauma</p> <p>https://learn.nes.nhs.scot/37896/national-trauma-training-programme</p>

Reading Materials

Information	Access
<p>Creating Hope Together - suicide prevention strategy and action plan: outcomes framework</p>	<p>www.gov.scot/publications/outcomes-framework-creating-hope-together-scotlands-suicide-prevention-strategy-action-plan-june-2023/</p>
<p>Scotland's Mental Health Strategy 2017-2027</p>	<p>www.gov.scot/publications/mental-health-strategy-2017-2027/</p>
<p>Scotland's Suicide Prevention Action Plan – Every Life Matters</p>	<p>www.gov.scot/publications/scotlands-suicide-prevention-action-plan-life-matters/</p>
<p>The University of Glasgow Suicidal Behaviour Research Laboratory is a good place where you can find out more the development of the IMV model to understand suicidal behaviour</p>	<p>https://suicideresearch.info</p>
<p>The University of Edinburgh hosts a number of research projects around suicide and self-harm, and a regular webinar series on specific topics relating to social and cultural factors and work around inequalities and suicidal behaviour</p>	<p>https://suicide-cultures.ed.ac.uk</p>
<p>Researchers at the University of Strathclyde are also looking to further understand how self-harm and suicidal thoughts and behaviour begin, in particular around the experiences for high-risk groups such as adolescents, older adults and LGBTQ+ people</p>	<p>https://pureportal.strath.ac.uk/en/searchAll</p>

Information	Access
<p>GIRFEC provides Scotland with a consistent framework and shared language for promoting, supporting, and safeguarding the wellbeing of children and young people. It is locally embedded and positively embraced by organisations, services and practitioners across Children's Services Planning Partnerships, with a focus on changing culture, systems and practice for the benefit of babies, infants, children, young people and their families.</p>	<p>www.gov.scot/policies/girfec/</p>
<p>Taking into account the changing needs of our communities, the Children and Young People's Mental Health and Wellbeing Joint Delivery Board oversees reform across relevant areas of education, health, community and children's services, and wider areas that impact on the mental health and wellbeing of children and young people. The board focuses on prevention and early support, as well as the promotion of good mental health and the services children, young people and their families access. The voices and experiences of children, young people and their families will remain central to decision making and service design.</p>	<p>www.gov.scot/groups/children-and-young-peoples-mental-health-and-wellbeing-joint-delivery-board/</p>
<p>This framework sets out a clear, broad approach for the support that children and young people should be able to access for their mental health and emotional wellbeing within their community</p>	<p>www.gov.scot/publications/community-mental-health-wellbeing-supports-services-framework/</p>
<p>The Promise Scotland supports Scotland's promise to care experienced people. It does this by leading projects to drive change across Scotland and supporting other organisations to make the changes they need to #KeepThePromise</p>	<p>https://thepromise.scot https://www.youtube.com/watch?v=S4T9wwgGynY</p>

Information	Access
<p>Rights, respect and recovery: alcohol and drug treatment strategy</p> <p>Scotland's strategy to improve health by preventing and reducing alcohol and drug use, harm and related deaths</p>	<p>www.gov.scot/publications/rights-respect-recovery/</p>
<p>The Communities Mental Health and Wellbeing Fund for Adults was established in October 2021 and has distributed around £36 million to community initiatives supporting mental health and wellbeing across Scotland.</p> <p>Funding for a third year of funding (£15 million) was announced in April 2023. The fund has a strong focus on prevention and early intervention, and aims to support grassroots community groups in tackling mental health inequalities and challenges such as social isolation and loneliness, suicide prevention, poverty and inequality.</p> <p>Year 3 will see a continued focus on responding to the cost of-living crisis. The fund is distributed to local groups via Third Sector Interfaces</p>	<p>https://tsi.scot/communities-mental-health-wellbeing-fund</p>
<p>Scotland's first dedicated self-harm strategy and action plan aims for anyone affected by self-harm, to receive compassionate support, without fear of stigma or discrimination. It is jointly owned by the Scottish Government and Convention of Scottish Local Authorities (COSLA).</p>	<p>www.gov.scot/publications/scotlands-self-harm-strategy-action-plan-2023-27/</p>

Information




Time Space Compassion

Introductory guide to the Time Space Compassion principles and approach – a relationship and person-centred approach to improving suicidal crisis. It has been developed for use by people and services who regularly come into contact and support people experiencing suicidal crisis.

Access

www.gov.scot/publications/time-space-compassion-supporting-people-experiencing-suicidal-crisis-introductory-guide/pages/3/

Apps

Name	Access
Daylight	<p>For people who are feeling worried or anxious. You can learn proven tools and techniques to help you cope, face difficult emotions and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode required when you sign up..</p> <p> https://onboarding.trydaylight.com/daylight/welcome/357#1/1</p>
NHSGGC MyApp	<p>My Mental Health helps you to find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions, but also materials to help manage them.</p> <p> https://rightdecisions.scot.nhs.uk/myapp-my-mental-health</p>
Stay Alive	<p>Provides useful information and tools to help you stay safe in a crisis.</p> <p> www.stayalive.app</p>

Training

Name	Access
SAND (Supporting Autism and Neurodiversity) training	<p>A free six-week block of training run by neurodiverse Occupational Therapist Heather Wright on the subjects: 'Understanding Autism and Neurodiversity', 'Communication', 'Processing Differences', 'Sensory Issues', 'Arousal and Behaviour issues' and 'Getting it right'. Once you have completed the six-week block then you can attend additional add-on sessions on various topics.</p> <p> www.carerslink.org.uk/carers-autism</p>
Trauma-Informed Parenting Training	<p>Training for parents and carers on how to support yourself and your child to cope with challenging behaviours (open to anyone with a child with additional support considerations).</p> <p> www.traumainformedparenting.uk</p>

For additional training in East Dunbartonshire, please contact Alcohol & Drug Partnership Development officer Yvonne.lambie@ggc.scot.nhs.uk

