



Mental Health Delivery Group Newsletter Summer 2022

Welcome to the fourth edition of the Mental Health Delivery Group (MHDG) newsletter

The group continues to work together towards achieving the overarching aim that **all people in Highland will benefit from good health and wellbeing.**

Despite the impact of Coronavirus on services and workloads, this multi agency group has continued to meet and remain committed to:

- Sharing best practice, ideas and resources
- Delivering Suicide Intervention and Prevention Training on behalf of the Highland Community Planning Partnership
- Developing an action plan that reflects identified need as highlighted via services from people with lived experience and from data provided both nationally and locally
- Ensuring the people around the virtual table represent the range of activities and services from communities across all 9 local community planning areas

This newsletter is produced by NHS Highland - Health Improvement Team, on behalf of the Highland Community Planning Partnership (HCPP) Mental Health Delivery Group

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*Click on the cards to reveal those underneath

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Stress Awareness Month - [stress.org.uk](https://www.stress.org.uk) resources

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Trauma Informed - A Highland Journey of Hearts & Minds and Culture & Practice

Director of Public Health Report 2021: Suicide and Mental Health

Maternal Mental Health Awareness Week 2-8 May 2022

Mental Health Awareness Week 2021 - Loneliness

Coming soon

Mental Health and Wellbeing website - launch May 2022 during MH awareness week

Meet the MHDG Partners

The Mental Health Delivery Group (MHDG) Explained

But first - Taking Care of You



If you or someone else is experiencing mental distress and you are worried about your own or someone else's immediate safety:

- Call 999 or go straight to A+E immediately.
- If you are calling for someone else, try to establish the person's, name, contact details and location

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental wellbeing:

- Advise them to call NHS 24 on 111 or speak to their GP. The route into formal mental health services is through a GP surgery.
- If someone discloses to you that they are already being supported for their own mental health, it's useful to link them to where they are currently receiving support


Important Support Line Numbers and Links

- [NHS 24](#) on 111
- [Samaritans](#) on 116 123
- [Breathing Space](#) on 0800 83 85 87 (6pm Friday – 6am Monday & 6pm – 2am on weekdays)

- [Shout](#) by texting 85258
- [Clear Your Head](#) website

Download the HCPP Signposting to [Mental Health and Wellbeing Resource](#) for more information and support options

Signposting to mental health and wellbeing resources



The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed. There are services where you can find confidential and trusted support, these include:

Help in a crisis

The following advice is intended for crisis situations which happen only rarely. A mental health crisis is when someone feels their mental health is at breaking point and they need urgent help and support.

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**. If you are calling for someone else, try to establish the person's, name, contact details and location.

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental health, advise them to call NHS 24 on **111** or speak to their GP. The route into formal mental health services is through a GP surgery. If someone discloses to you that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

Support, advice and resources can also be found at:

- Samaritans - 116 123 (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87** (Monday to Thursday 6pm – 2am; Friday 6pm to Monday 6am)
- Mkey's Line - **07786 207755** (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am)
 - o Young People can email youngpeople@mkeyline.co.uk for an appointment
 - o The Hive, 19 Academy Street, Inverness – closed during lockdown
- Ewen's Room - **0800 689 3317** (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Rape and Sexual Abuse Service Highland (RASASH) - **03330 066 909** (Monday/Wednesday/Friday 9.30am till 12.30pm; Tuesday and Thursday 1.30pm till 4.30pm). Text support Service: **07451 288 080**
Support email: support@rasash.org.uk
- Rape Crisis Scotland - **08088 01 03 02** (Phone free any day between 6pm and midnight)
Text: **07537 410 027** (If no immediate response, let them know when is a safe time to contact you)
- LGBT Helpline Scotland **0300 123 2523**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**
- James Support group - **07563 572 471** (24 hour helpline)

Non-crisis situations

In most instances where mental health concerns are raised it will not be a crisis. If you have, or someone you are in contact with has concerns about mental ill health, a GP should be the first point of contact.

It is understandable in the current pandemic that many people will feel anxious, worried or stressed. For those who are in need of emotional/wellbeing support or who are affected by isolation due to the current COVID-19 circumstance, you might want to look for local voluntary organisation who can offer a regular welfare call or suggest contact with a befriending service.

Additional resources

While we can't control many of the challenges around us, there are still things we can do to protect our mental health and wellbeing. Check out any of the resources:

Befrienders Highland
www.befriendershighland.org.uk
 A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health, memory difficulties or dementia and carers.

Clear Your Head
clearyourhead.scot.nhs.uk
 Great tips from the Scottish Government and partners to help get you through these difficult times.

Highland Mental Wellbeing
www.highlandmentalwellbeing.scot.nhs.uk
 A collection of resources gathered by NHS Highland to support mental wellbeing

Highland Digital School Hub: Wellbeing for all
www.highlanddigitalhealthscotland.com/wellbeing-for-all
 Resources to use at home to help with going back to school, and resources for school staff to support themselves

SAMH Information Service
www.samh.org.uk/information-service
 You can talk to their Information team about mental health on **0344 800 0550**, and there is a range of information on support, including:

- If you urgently need help - <http://bit.ly/3buW3QE>
- SAMH have put together a list of organisations who can help if you need to speak to someone.
- Protect your wellbeing in winter - <http://bit.ly/2N24WYs>

Some of us may struggle with our mental health and wellbeing during the colder months.

Prevent Suicide – Highland App

The 'Prevent Suicide – Highland' app can be downloaded for smart devices from:

- Apple App Store - <https://apple.co/3kb2nf>
- Google Play Store - <http://bit.ly/37FJfJ6>

NHS Education for Scotland (NES) national animations (each video is approximately five minutes in length)

A series of videos promoting children and young people's mental health and preventing self harm and suicide:

- What is mental health? - <https://vimeo.com/450051310>
- How to talk about mental health - <https://vimeo.com/450052951>
- Self-harm and suicide prevention - <https://vimeo.com/450054407>

A series of videos for adults are also available:

- Ask, tell, look after your mental health - <https://vimeo.com/338175495>
- Ask, tell, have a healthy conversation - <https://vimeo.com/338175444>
- Ask, tell, save a life – every life matters - <https://vimeo.com/338175393>

This resource has been produced by the Highland Community Planning Partnership Mental Health & Wellbeing Delivery group. If you require a copy of this guide in an alternative format please contact the Highland CPP by emailing cpp@highland.scot.nhs.uk



Encourage everyone to download the FREE Prevent Suicide Highland App
 An information resource and safety planning/discussion tool for the whole community



Available for both Android and iPhone



If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

Mental Health and Wellbeing Training for Individuals and Community Groups



Feedback from partners working across Highland has highlighted the need for access to introductory level training for people who are working or volunteering within our communities.

The Mental Health Delivery Group (MHDG) continue to gather information on all training available across Highland and this will be presented as part of the launch of the updated Mental Health and Wellbeing website during [Mental Health Awareness Week 9th - 15th May 2022](#) so watch this space.

In the meantime, in this edition we highlight useful online resources relevant to everyone, in any workplace, workforce or community. These resources are designed to support people to positively impact their own and others' mental health and wellbeing and contribute to preventing self-harm or suicide.

They are as follows:

[Mental health Improvement and Suicide Prevention](#)



This module comprises three animations and 'check your learning' quizzes covering mental well being, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal

[Promoting children and young people's mental health and preventing self harm](#)



This module comprises three children and young people animations and 'check your learning' quizzes. They are designed to support the knowledge and skills of those who need to be informed about mental health, self-harm and suicide prevention in relation to children and young people. In particular, they will help people to understand the factors that influence mental health and

resilience in children and young people; engage proactively with children and young people about mental health, self-harm and suicide; and recognise when to seek help to support those in their care

How to access the training



1. Click on [this link and you will be taken to TURAS learning page](#)
2. **Go to REGISTER** at the top of page and create your TURAS learn account
3. Once registered, **click on the link above again** and you will be taken directly to the learning portal
4. **Scroll** down and **select the course** you want and choose **launch**

Within the same learning portal, scroll down to find a range of links to further information and learning resources

Suicide Intervention and Prevention Programme (SIPP) - further training dates available for staff/volunteers

A flyer for the Suicide Intervention and Prevention Programme (SIPP) from Highland Community Planning for Learning. The flyer is purple and white and contains the following text:

Suicide Intervention and Prevention Programme (SIPP)

The SIPP programme aims to improve awareness of suicidal thinking, to increase confidence to ask someone if they are feeling suicidal, and to support them to seek further help. The programme was originally developed in Tayside, and complies with Health Scotland's requirements of suicide prevention training.

The SIPP programme is currently being delivered as an online course by approved suicide prevention trainers. The training has been split over 2x 2hr sessions and attendance at both of the sessions is required.

Who is SIPP training for?

Dates are open to any staff from Highland Community Planning Partnership including:

- Any staff/volunteers who want to be able to help someone who might be at risk of suicide
- All staff NHS (including clinical staff), Council, frontline services, Third sector who have patient/client/service user/public contact who have had no previous suicide awareness training or had training was more than three years ago
- Training is open to staff/volunteers across Highland with the exception of Argyll and Bute

What will I learn?

- The ability to recognise a person at risk of suicide
- The ability to ask about suicide including the ability to display listening and questioning skills
- An awareness of the impact of attitudes on suicide
- How to signpost to appropriate support

SIPP training covers:

- About suicide: the scale of the problem, facts and myths, risk factors, attitudes and stigma
- How to help: recognising the signs, how to ask and listen in a supportive way, helping the person self, signposting
- Case Study: group discussion, identifying risk factors, how to help

Upcoming Dates Confirmed:

- Wednesday 11th (part 1) and 18th May (part 2) 2022: 2pm
- Tuesday 24th (part 1) and 31st May (part 2): 2pm
- Wednesday 15th June (part 1) and Tuesday 21st June (part 2): 10am

Additional dates will be available in due course.

How do I book?

Courses are booked through NHS Highland using Turas Learn. If you are from out with the NHS, you will need to register on Turas Learn. You will find all the necessary instructions on the following link: [Health Improvement Training \(our.nhs.uk\)](https://www.nhs.uk/health-improvement/training/our-nhs.uk/)

Using Turas Learn please use the following link to access SIPP courses: [suicide prevention, suicide intervention and prevention programme \(SIPP\) | Turas Learn \(nhs.uk\)](#) or go to the NHS Highland Public Health Zone and choose 'Suicide Prevention' and the SIPP course dates will be listed there.

For any queries please email ahsh.merda@whhtraining@nhs.uk

Additional dates are regularly added in response to demand for the training so it's advisable to regularly check TURAS (as noted on the flyer)

For any further information or questions regarding SIPP training

OR

if you are interested in becoming a SIPP trainer,

Feel free to contact Siobhan Leen or Maggie Hume (acting on behalf of the Highland Community Planning Partnership)

at nhsh.mentalhealthtraining@nhs.scot

April is Stress Awareness Month



Highland Community Planning Partnership supports Stress Awareness Month and encourages communities across Highland to continue to play their part in the 'Community' based theme throughout the month of April

The Stress Management Society note:

"The last two years have been the most challenging we have faced and in 2020 our services were overwhelmed by people that are struggling and seeking support. **This year our theme is Community.** We have chosen this theme because lack of support can cause loneliness and isolation, which in turn lowers people's wellbeing, impacts mental health and can lead to mental illness".

"We are all individuals, and we each have a unique set of skills, knowledge and experiences. However, **we are not meant to exist in isolation or feel alone. Instead, we need to share our talents with others** in a way that will bring value to our communities. This is very much a

reciprocal relationship as **we will benefit from opportunities to grow and develop by learning from others too**".

Stress Management Society, April 2022

'Communities across Highland have played an integral role throughout the pandemic, demonstrating resilience and collective efforts to support people. Loneliness and social isolation remain a significant risk factor for both deteriorating mental health and suicide. As restrictions lift it's vital to continue to support people as we immerse post-pandemic'.



[Ways to reduce stress and improve mental wellbeing:](#)

- **Socialising - with others** has multiple benefits for our mental health. Whether it's a sport, hobby classes or volunteering, activities give meaning and purpose to our lives and can help build confidence. An opportunity to laugh and talk with others in social situations serves to turn focus outwards. Being able to talk through problems and share worries with others decreases stress levels. As the saying goes, a worry shared is a worry halved, and less worry equals less stress.
- **Volunteering – is good for reducing stress** because, much like socialising, it turns our focus outwards. Helping others with their problems, can help gain a positive perspective on our own difficulties. Plus, there are associated benefits when working together with other like-minded people to achieve a worthwhile goal, uniting in us in a shared sense of purpose.
- **Adopt a positive mindset** - Being in control of your thoughts increases your ability to find solutions to challenging situations and to deal more effectively with stress.

CONVERSATIONS have the power to change lives, helping to create supportive communities where we can begin to talk openly about mental health and feel empowered to seek help when we need it

[The Art of Conversation - a useful guide](#)

from United to Prevent Suicide



[Take your stress test and find out how to make a positive difference to your own wellbeing and stress levels.](#)

Note: this is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your GP or other qualified health provider with any questions/concerns you may have

For more information and resources visit www.stress.org.uk

Men's Group at The Hive, Inverness



**Non-Judgemental
Confidential Support
For Emotional Distress or
Mental Health Support**



**Monthly Men's Group
facilitated by **Mikeysline****

The Hive, 19 Academy Street
Wednesdays, 6:30pm-7:30pm

Our next sessions will be held on:
April 20th May 18th
June 15th July 20th

Join us for a chat!

- *Meet like-minded people*
- *Get support*
- *Find a safe place to get things off your chest*

◦ Relationships	◦ Family and parental role
◦ Communication	◦ Work issues
◦ Managing emotions	◦ Life, motivation and purpose

Support workers will be in the Hive following the meeting,
should you appreciate some 1:1 support
(subject to availability)

Mikeysline continue to offer confidential support to people experiencing emotional distress in Highland communities.

For more information on this group or other support options, please contact Mikeysline

Email: enquiries@mikeysline.co.uk

Phone/text: **07786 207 755**

Facebook: [@mikeysline](https://www.facebook.com/mikeysline)

Twitter: [@mikeysline1](https://twitter.com/mikeysline1)

Website: www.mikeysline.co.uk

IT'S OK NOT TO BE OK

Trauma Informed - A Highland Journey of Hearts & Minds and Culture & Practice



Working Together to Support the Early Years

The East Ross Community Planning Partnership are supporting the delivery of 3 consecutive training sessions for staff and volunteers on trauma-informed and responsive services. The sessions have aimed to take learners on a journey to understand the cultural and individual/family/community impacts of unrecognised and unresolved experiences of adversity and trauma.

The local partnership acknowledge how challenging it can be for staff and volunteers to ground practice within a trauma perspective. These sessions, delivered by [Dr.SuzanneZeedyk](#) take learners on a journey that boosts awareness and commitment, enabling them to become agents of change and hope.

The primary focus being the first 1001 days of life and the intergenerational effects of unacknowledged trauma and adversity, with a particular emphasis placed on how services need to adapt in order to be trauma responsive – that is, not only to understand the science and processes of trauma but to put that knowledge into action.

Donna Cowan, Specialist Midwife for Perinatal Mental Health, and one of the partners involved in putting this initiative together notes:

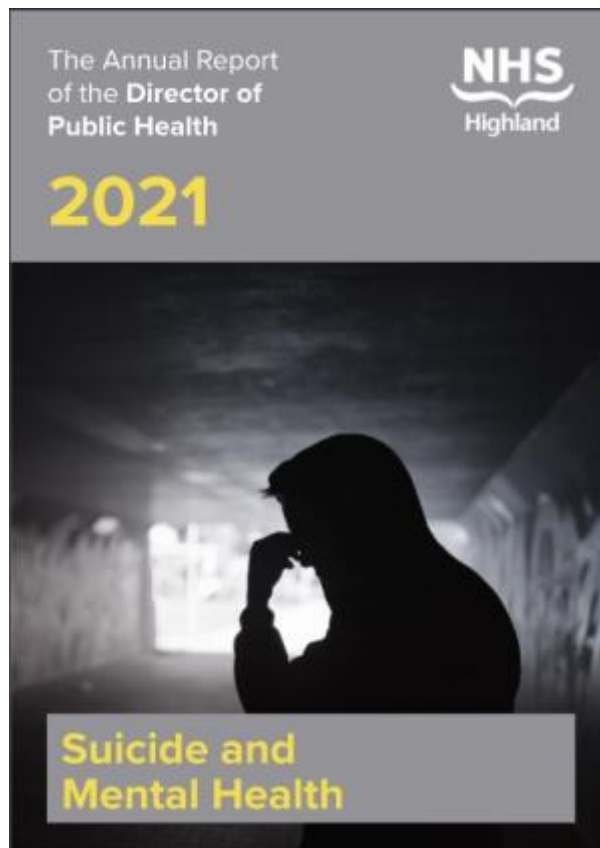
"There is a real enthusiasm among participants to work together to ensure every person in Highland experiences relationships with services that are safe, where they have choices, services they can trust, that listen and work with people to enable them to have power and control over their own lives. We have and will continue to listen to people's experiences of services and are excited to share this

learning experience and work with with communities and partners across the whole of Highland, as part of the ongoing work to develop trauma informed approaches".



Director of Public Health Report 2021

Suicide and Mental Health



This year's annual report highlights a range of different issues relating to suicide drawing on the latest national and local data to highlight the prevalence in our communities.

Included in chapter 5 are a range of examples of work going on nationally and locally to support positive mental health and wellbeing and particularly those people experiencing mental distress.

"The consequences of suicide are enormous for the community and for individuals and I expect that almost everyone [who reads] this report will have experienced the impact of suicide on their lives".

Dr Tim Allison, Director of Public Health and Health Policy, NHS Highland

Dr Allison invites readers to consider what the report means for them and others across communities.

Click [HERE](#) to view the report

- Chapter 1 Key concepts in suicidal behaviour
- Chapter 2 Epidemiology of suicide and mental illness in Highland
- Chapter 3 Adversity in childhood - a life course lens
- Chapter 4 The impact of COVID-19 pandemic on mental health
- Chapter 5 Current activity
- Chapter 6 Conclusion and recommendations

Maternal Mental Health Awareness Week 2022





"The theme for 2022 is 'The Power of Connection', where we will be highlighting support across the UK. We are so proud that the information shared over the last six years has helped so many families. We have all recovered from maternal mental illness and want to do what we can to support others".

Perinatal Mental Health Partnership

Each day of the week will focus on a different theme, ranging from e.g:

- What is maternal mental Health?
- Smashing the Stigma including recovery stories and how perinatal (maternal) mental health can affect people
- How can we care for and support people and their families

For more information on daily themes follow [this link](#)

Please take time to think about how you can open the conversation around maternal mental health and do what you can to support mothers and their families in your work and community life

Perinatal Mental Health Partnership are a small group of individuals who had experienced or been affected by Maternal Mental Health, who came together with a dream of not only raising awareness of it, but providing support and information. Check out their website [via this link](#)



Mental Health Awareness Week

9 - 15 May 2022

Together we can
tackle loneliness

#IveBeenThere

9-15 May 2022 - Loneliness

Mental Health Awareness Week is an opportunity for all of us to focus on achieving good mental health. [The Mental Health Foundation](#) started the themed event 21 years ago and it has grown to become one of the biggest awareness weeks across the UK and globally.

"Loneliness is not about the number of friends we have, the time we spend on our own or something that happens when we reach a certain age. **Loneliness is the feeling we experience when there is a mismatch between the social connections we have and those that we need or want.** That means it can be different for all of us".

Mental Health Foundation 2022



Q. How can you get involved?

A. In lots of ways

- Spread the word, go old school, have conversations, talk to people about mental health awareness week.
- Using social media would be great too!
- Share your stories of loneliness, if you can. In sharing our every day experiences, together we can reduce stigma and shame through helping people to talk about their feelings and experiences.

#ivebeenthere

#mentalhealthawarenessweek

#itsgoodtotalk



80 Miles in May challenge

We're asking you to walk run or jog 80 miles in May. Look after your own wellbeing while raising money to support our work.



Follow this link to the [Mental Health Foundation](#) page for resources, research and ideas to help us "**bring loneliness into the light**"(MH Foundation)

What can you do?



What 1 thing can you do to reduce loneliness for people within your community?

Highland Mental Wellbeing Toolkit



Updated toolkit to be launched during Mental Health Awareness week 9th - 15th May 2022

The [Highland Mental Wellbeing Toolkit](#) is currently under review and reconstruction with work ongoing to ensure it reflects services, resources and support being offered across Highland.

Think of the toolkit as resources and signposts to help people of all ages to look after their own mental wellbeing, and to recognise when help is needed.

It can be baffling to know where to start with on-line information, so the toolkit aims to help by highlighting some of the best websites and sources of help available in your part of Highland.

It also provides information about training and resources, if you are someone in a 'helping' or supporting role.

Knowledge is power!

We Need YOU



No matter where in Highland you live or work, whether you organise/lead/attend a service, activity or training, and you've checked it isn't already included in the [Highland Mental Wellbeing](#)

Toolkit please send the following information to Martin or Maggie at nhsh.mentalhealthtraining@nhs.scot

- Name of activity/service/training
- Brief description (3 or 4 lines)
- Who can use the service/attend the activity or training
- Contact details e.g. website, social media, phone, email

The MHDG note that the information in the toolkit is only as good as the day it is published. We work hard to keep it updated but cannot guarantee everything is 100% current and **depend on all partners and local community planning groups keeping us updated.**

Meet the MHDG Partners



Jim McCreath, Health, Safety and Wellbeing Trainer, The Highland Council

What is your role within the MHDG? I co-facilitate the communications sub-group and deliver Suicide Intervention and Prevention Programme (SIPP) training alongside Highland Community Planning Partnership colleagues

One interesting fact about you: When living in Australia I worked as a [Jackeroo](#) and as a tourist guide on horseback

Describe your vision/hope for the mental health and well-being of the people living across the Highlands: My hope is that one day mental health and wellbeing concerns are treated the exact same as any physical illness or injury and can be discussed openly without fear of shame. The stigma around mental health is what stops us talking about it. As we overcame the stigma around cancer, I hope we can do the same with mental health.

What 1 thing could we all do to help achieve this vision? Open discussions in our communities around mental health, wellbeing, and suicide prevention

What do you do to care for your own mental health and wellbeing? My “Me” time is spent kayaking on the Moray Firth or any of our beautiful lochs or rivers. The exercise and tranquillity are essential for re-charging my batteries.

7. Mental Health Delivery Group(MHDG)Explained



The MHDG is one of 5 thematic sub groups of the Highland Community Planning Partnership (HCPP). The overarching aim of this group is that **all people in Highland will benefit from good health and wellbeing**.

The [Highland Community Planning Partnership](#) brings together public agencies, third sector organisations and other key community groups to work collaboratively with the people of Highland to deliver better outcomes.

Feeding into the HCPP are 9 local community planning partnerships **and** the 5 regional thematic sub groups which are:

- mental health and wellbeing (MHDG)
- community safety and resilience
- infrastructure
- community participation and dialogue
- poverty reduction.







CURRENT MEMBERSHIP

Chairperson - Cathy Steer, Head of Health Improvement, NHS Highland

NatureScot

Cattie Anderson and Liz McLachlan

Third Sector Representatives

Vacant

Roisin Connolly

The Highland Council

Psychological Services Bernadette Cairns

Policy, Equality & Opportunity Rosemary Mackinnon

Occupational Health Gena Falconer

Health, Safety and Wellbeing Jim McCreath

NHS Highland

Mental Health & Learning Disabilities Helen Eunson

Public Health: Val MacDonald, Sally Amor, Siobhan Leen, Maggie Hume

Fire Scotland

Jill Graham

Police Scotland

Partnerships Jennifer Baughan

Partnerships Lindsay Tulloch

HighLife Highland

Lynn Bauermeister

Scottish Ambulance Service

Michael Adams

University of Highlands and Islands

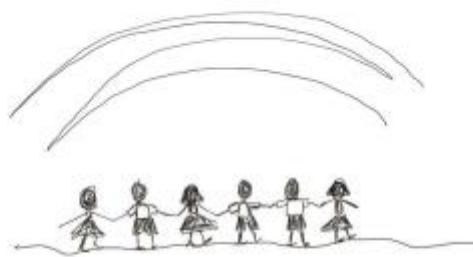
Lynsey Mason

Highland and Islands Enterprise

Vacant

Spread the word via this newsletter!

The MHDG would welcome the views of people from across Highland, who are interested in improving the mental health and wellbeing of people in their local communities.



together we can do so much -

©EN

If you have anything you would wish to include in our next newsletter, e.g. services you wish to highlight, exciting local initiatives that other areas may wish to replicate, please contact us by emailing:

nhsh.mentalhealthtraining@nhs.scot