



Highland Mental Health Delivery Group  
Newsletter Winter Update 2023

## **A Message From the Chair of the Highland Mental Health Delivery Group**

Welcome to the Winter 2023 edition of the Highland Community Planning Partnership (CPP), Mental Health Delivery Group newsletter. Over the past year, we have been working to review our partnership structure, priorities and actions and you will find out more about this as you read on. Now that we have completed our review, we thought it would be timely to publish another edition of our newsletter to provide an update on and highlight some of the ongoing work.

This time of year can place a particular strain on our mental health and wellbeing. It is important to remember that we are not alone in this and that many people find it difficult to cope with the various demands and expectations in the run up to and over the Festive period. There are some things that we can do to help us when things are feeling tough including regularly being active, connecting to nature (even in Winter!), getting enough sleep, staying connected to the people who care about us and taking time for ourselves to do the things we enjoy.

There are also a number of sources of help and support out there, some of which are highlighted in this newsletter. The Mental Health Delivery Group maintains a collection of resources to support mental wellbeing including signposting information to local and national support and services. You can find this information at [www.highlandmentalwellbeing.scot.nhs.uk](http://www.highlandmentalwellbeing.scot.nhs.uk)

On behalf of the Highland CPP Mental Health Delivery Group may I take this opportunity to wish you all a peaceful Christmas and New Year.

Cathy Steer, Chair of the Highland CPP Mental Health Delivery Group

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

## **IN THIS ISSUE**

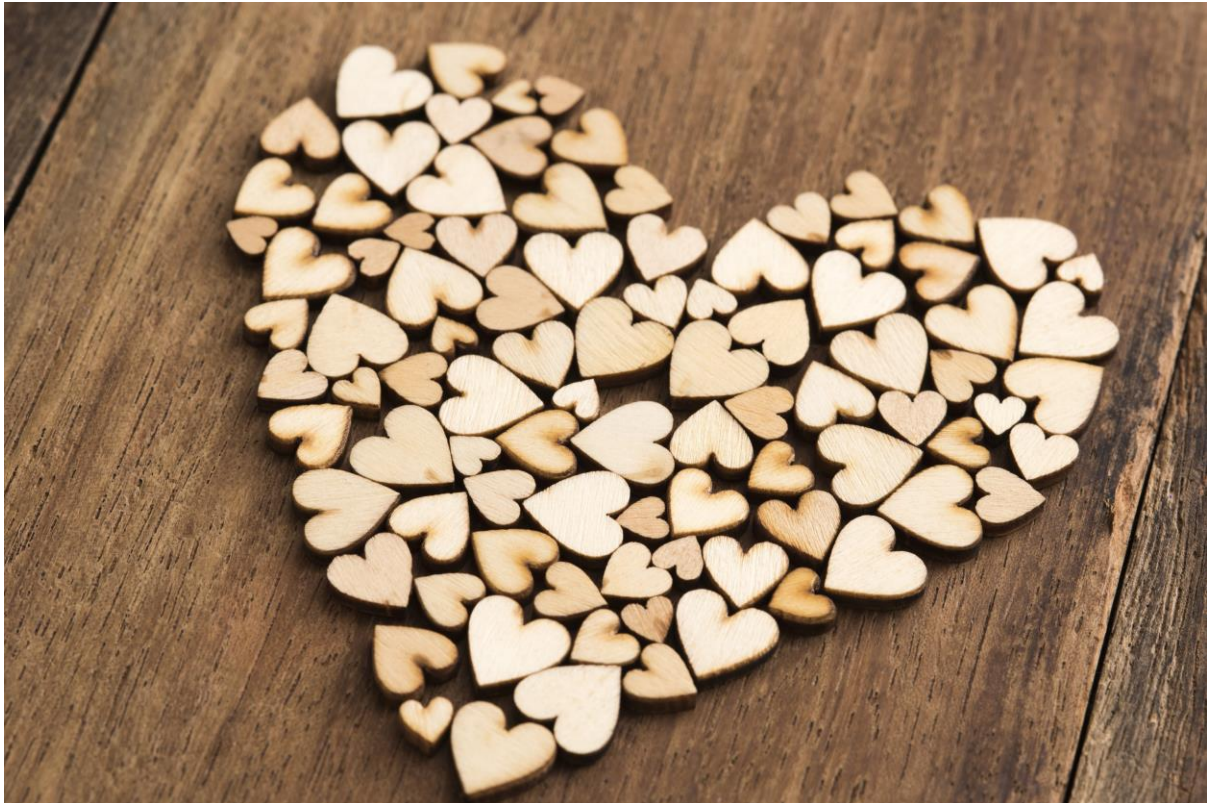
# **WHAT'S COMING UP?**

- Mental Health Delivery Group restructure
- Creating Hope Together in Highland - Highland's Suicide Prevention Action Plan
- Get Involved with HUG and Inspiring Young Voices
- Training Opportunities **\*\*brand new course available\*\***
- Discovery College New Winter Prospectus
- Mikeysline BEE the Change Campaign
- Christmas Opening Times Update
- Spread the Word!

**Short of time?** Jump to the topic you're interested in by clicking the square symbol at the bottom right.

Just remember to come back when you have time to find out all about the great work going on across Highland.

## 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
- [Mind to Mind](#) website

### [Highland Mental Wellbeing Website](#)



This website is a list of services, information and training around the subject of mental health and wellbeing.

[Highland Mental Wellbeing – A collection of resources to support mental wellbeing \(scot.nhs.uk\)](#)

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 Delivery Group



Mental Health Delivery Group (MHDG) Structure



1 - Mental Health Delivery Group new structure

This is the new structure of the Mental Health Delivery Group. Each part of the diagram will have an action plan in how we can deliver on the overall vision for the Mental Health & Wellbeing Delivery Group which is:

**“People in Highland will benefit from good mental health and wellbeing”**

To achieve this vision, the main priorities of the Mental Health & Wellbeing Delivery Group are:

- Early Education, Prevention & Personal Resilience
- Tackling Stigma & Employers Attitudes
- Working & Responding Together
- Inclusion Intervention & Peer Support

For more information on the Mental Health Delivery Group, visit:

[Mental Health | Highland Community Planning Partnership \(highlandcpp.org.uk\)](https://highlandcpp.org.uk)

## Creating Hope Together in Highland

### **Highland’s Suicide Prevention Action Plan**

Creating Hope Together in Highland is the local suicide prevention plan for Highland.

The plan has been developed following an eight-month period of engagement with partners and stakeholders to review the priorities and organisation of the Highland Community Planning Partnership work on mental health improvement and suicide prevention. This consultative period has allowed stakeholders to consider and identify priorities for suicide prevention, review the key people, organisations and services required to support delivery of action to prevent suicide and refresh the remit of the Suicide Prevention Steering Group

The plan was launched on 25th October 2023 following an eight-month period of engagement with partners and stakeholders to review the priorities and organisation of the work being done by the Partnership’s Suicide Prevention Steering Group.

The objectives for the next 3 years are:

1. We will identify groups most at risk of suicide and work to reduce the risk.
2. We will ensure timely and effective support for people expressing suicidal thoughts.
3. We will ensure that people in Highland have consistent access to crisis support.
4. We will identify places of concern and develop actions to make them safer.

5. We will ensure that people bereaved by suicide in Highland have opportunities to access timely support.

6. We will ensure Highland workforces and communities are suicide aware and can respond appropriately.

7. We will develop communications work to inform and to increase public knowledge on suicide and distress.

8. We will work collaboratively with media outlets to provide guidance, information, sources of support, and stories of hope and recovery.

## Get Involved





**Inspiring Young Voices**



**18-26  
Mental Health  
Focus Group**

We have an opportunity for 18-26 year olds in Highland to take part in an online focus group and voice their opinions on topics including:

- Existing mental health support & resources.
- Accessibility and barriers to accessing mental health support.
- What resources or support do you want to be made available?

You can also use this space to raise any other thoughts you may have surrounding mental health in Highland.

If you would like more information or are looking to get involved in one of our virtual focus groups, please contact **Hannah:**  
**policy@inspiringyoungvoices.org**  
**07510890219**

Inspiring Young Voices have an opportunity for those aged 18-26 in Highland to take part in an online focus group to voice their opinions on topics including:

- Existing mental health support and resources
- Accessibility and barriers to accessing mental health support
- What resources or support do you want to be made available?

#### **Get Involved**

For more information or to get involved, contact Hannah:

[policy@inspiringyoungvoices.org](mailto:policy@inspiringyoungvoices.org)

07510 890219

[Hug Action for Mental Health](#)

**Experience Matters?**

Highland Third Sector Poll

Are you working in or volunteering in a charity to promote the mental health and well-being of people in our Highland communities? If so, HUG Action for Mental Health want to hear from you.

Hug Action for Mental Health's Experience Matters poll only takes 2-minutes to complete and is open to:



- **Voluntary groups and 3rd sector organisations**
- **Social enterprises**
- **Community Development Trusts**

**HUG Action for Mental Health's** main objective is to bring together Highland people who have experienced mental health challenges or illness to explore common issues and find solutions.

People have told HUG that the benefits of engaging with collective advocacy activities for your organisation can be:

- **more realistic outcomes for services and supports you provide**
- **increased confidence in meaningful engaging with lived experience**
- **better evaluation and impact of services and supports**
- **deeper understanding of the impacts of inequality on mental health**
- **improved openness and transparency in decision-making**

By sharing your opinion, we can better understand the current demand for our services to our third-sector colleagues and friends.

**You can take the poll here: <https://bit.ly/ExperienceMatters3rdSectorPoll>**



Your information will help HUG find the financial resources needed to build a more mutually beneficial and collaborative relationship between our members and the charities supporting and serving their needs.

For more information about this poll or HUG's ambitions to collaborate with 3rd partners in the future, please contact John at [jbeaton@spiritadvocacy.org.uk](mailto:jbeaton@spiritadvocacy.org.uk). You can follow us on [LinkedIn](#) or [Facebook](#) to hear more about our wider work.

## Training Opportunities



## Money Counts



**Money Counts Courses Jan – March 2024**  
**Level 1 and 2**

**Course information**

**Level 1** is aimed at anyone who is in a position to have a brief conversation with individuals around money worries. The course aims to build the confidence of staff to offer income maximisation help and explains how to ask about money worries and where and how to refer for support. **Course length – 45 mins**

**Level 2** aims to increase confidence of staff working with people that may benefit from income maximisation help. It aims to increase staff's understanding of poverty and the importance of asking about money worries, and what support services are available what they can offer. **Course length – 1.5 hrs**

**Please note** – you do not have to attend course 1 before course 2.

**Dates & Times:**

Level 1	Level 2
<ul style="list-style-type: none"><li>Mon 5<sup>th</sup> February, 2.00 – 2.45pm</li></ul>	<ul style="list-style-type: none"><li>Wed 31<sup>st</sup> Jan, 10.00 – 11.30am</li></ul>
<ul style="list-style-type: none"><li>Tuesday 12<sup>th</sup> March, 2.00 – 2.45pm</li></ul>	

Mental health is affected by social, economic and physical environments where people live. We know that poverty increases the risk of mental health problems and can be both a cause and consequence of mental ill health. There are two levels of training available and with the aims of building confidence for anyone who is in a position to have a brief conversation with individuals about money worries.

### How to apply?

Please note we have moved to a new training platform and if you are out with the NHS, you will need to register on Turas. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](https://www.scot.nhs.uk/health-improvement-training)

Once you have registered, you will find the [Money Counts Course](#) by clicking on this link.

The course has been developed in collaboration with NHS Highland, the Trussell Trust, Highland Council and Social Security Scotland.

For any enquiries contact, please email:

[nhsh.healthimprovementtraining@nhs.scot](mailto:nhsh.healthimprovementtraining@nhs.scot)

## Suicide Intervention and Prevention Programme (SIPP)

**SIPP Training**

**Suicide Intervention and Prevention Programme**

This programme is now being delivered as an online course by approved Suicide Prevention trainers. The training has been split over 2 x 2hrs session and attendance at both of the sessions is required.

The programme was originally developed in Tayside, and complies with Health Scotland's requirements of suicide prevention training.

**Who is the training for?**

- Any staff who want to be able to help someone who might be at risk of suicide

**Brief Outline**

- **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, keeping the person safe. Signposting.
- **Case Study:** group discussion, identifying risk factors, how to help

**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.

Upcoming dates Sept 23 – January 24:
Wednesday 10 <sup>th</sup> and 17 <sup>th</sup> Jan: 2.00 – 4.00pm
Monday 22 <sup>nd</sup> and 29 <sup>th</sup> Jan: 10 – 12pm
Thursday 1 <sup>st</sup> and 8 <sup>th</sup> Feb: 2.00 – 4.00pm
Wednesday 21 <sup>st</sup> and 28 <sup>th</sup> Feb: 10 – 12pm
Tuesday 5 <sup>th</sup> and 12 <sup>th</sup> March: 10 – 12pm
Thursday 14 <sup>th</sup> and 21 <sup>st</sup> March: 10.30 – 12.30pm

This training is for any staff who want to be able to help someone who might be at risk of suicide.

### 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.

### To apply:

NHS Highland staff can book onto a SIPP course through Turas Learn. Link for the SIPP course is: **SIPP course** or go to the NHS Highland Public Health Zone and choose 'Suicide Prevention' and the SIPP course dates will be listed there.

Please note NHS Highland has moved to a new training platform and if you are out with the NHS, you will need to register on Turas. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](https://www.scot.nhs.uk/healthimprovementtraining)

**\*\*NEW TRAINING AVAILABLE\*\***

## Let's Talk About Smoking and Mental Health with IMPACT (Improving Mental and Physical Health Targets Achieving Cessation Targets)

People experiencing poor mental health are more likely to smoke, and in fact smoking is the biggest part of why people with mental health issues die 10-20 years earlier than the general population.

We now know that smoking does not support good mental health, and stopping smoking is associated with improvements in conditions such as depression, stress and anxiety.

ASH Scotland's IMPACT project ([IMPACT Campaign - Impact.scot](#)) in partnership with NHS Highland provides free up-to-date training on smoking and mental health to third sector, local authority and NHS services. It is aimed at staff and volunteers supporting people with mental health issues and looks closer at smoking and mental health, and how you can support those you work with.

The aim of this course is to equip workers who support people with experience of mental health problems with the knowledge, skills and confidence to initiate a conversation on smoking, and to discuss options for supporting people who are ready to quit.

**The first available date is 22nd February 2014: 14:30pm - 16:30pm.**

### How to Apply

Please note we have moved to a new training platform and if you are out with the NHS, you will need to register on Turas. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](#)

Participants will be provided with a guidance booklet about the effects of smoking on mental health and access to a blended training course which is part eLearning and part face-to-face (via TEAMs). You can find scheduled dates and links to book a place via TURAS: [Smoking : Improving Mental and Physical health Achieving Cessation Targets \(IMPACT\) | Turas | Learn \(nhs.scot\)](#) or by searching "IMPACT Smoking cessation)

If you would like to discuss this further please contact Katy Allanson ([katy.allanson@nhs.scot](mailto:katy.allanson@nhs.scot))

## Discovery College - Winter Prospectus



The Discovery College offers a range of courses continually co-developed and co-delivered by a team of highly qualified subject experts, peer supporters, and individuals with lived experience. The aim is to empower you to better manage and cope with life's challenges, allowing you to achieve personal growth and a sense of purpose. Whether you're looking to expand your knowledge, acquire new skills, or simply want to explore opportunities for the future, the college provides a welcoming environment for all.

Everyone can benefit from the courses offered at discovery college, regardless of where you are on your life's journey. You don't need any qualifications to join us, just an open mind and a willingness to participate.

As a student of discovery college, you will have the opportunity to build connections, experience personal and community empowerment, and develop an underlying sense of hope.



Find the latest update in the Discovery College Winter prospectus:

[DC - Winter Semester web \(centred.scot\)](#)

## BEE the Change with Mikeysline



### **BEE the Change in your School**

### **BEE the Change in your Community**

### **BEE the Change in your Workplace**

### **Can you help Mikeysline raise awareness, drive change, and challenge stigma around mental health and suicide prevention?**

We all have mental health. And we all have experiences of mental health challenges – either our own, or those of the people we're close to. Even though mental health difficulties can affect everyone, we know that stigma and fear of judgment can still stop people reaching out for help when they need it.

We want that to change.

Become a Mikeyline Bee the Change Champion and join in their mission to destigmatise mental health and suicide prevention.

Find more about the campaign at:

[Bee the Change - Mikeyline](#)

## Christmas Opening Times - Mikeyline Update



The poster features a festive background with a Christmas tree on the left, string lights at the top, and a blue sky with white stars. The Mikeyline logo is centered at the top, with the tagline 'IT'S OK NOT TO BE OK' below it. The main text reads: 'We are here for you throughout this Christmas period, with our textline and callback service open every evening and weekends'. Two yellow boxes provide opening times: 'Hives are open for 1:1 face to face or online support with the exception of the following: 25th December 2023, 26th December 2023, 27th December 2023, Nairn & Ainess Hives only, 1st January 2024, 2nd January 2024. To book: mikeyline.co.uk/appointments'. The second box lists 'Textline/Callback' hours: 'Sunday - Thursday 6pm - 10pm' and 'Friday - Saturday 7pm - 7am'. Contact information includes 'SMS 07786 207755' and '01463 729000'. The website 'www.mikeyline.co.uk' is at the bottom.

2 - Mikeyline Christmas Opening Times



A person is holding a white sign with black letter tiles that reads 'YOU ARE NOT ALONE'. Below the sign is a yellow banner with the Mikeyline logo and text: 'Mikeyline Text: 07786 20 77 55 For support'. At the bottom, it says 'Sun-Thurs 6pm - 10pm, Fri-Sat 7pm-7am'.

## 7. Mental Health Delivery Group(MHDG)



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.



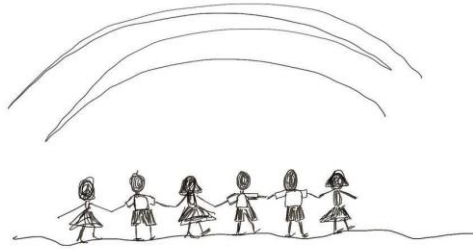






[Spread the word via this newsletter!](#)

**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 -*

JEN .

**We aim to have this newsletter released quarterly, 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.healthimprovementtraining@nhs.scot](mailto:nhsh.healthimprovementtraining@nhs.scot)