

Health Improvement

Mental Health Improvement Team

Flash Report April 2022 / March 2023



Our approach to promoting good mental health and wellbeing and the collective actions/programmes of work undertaken by all community planning partners is distilled in our Good Mental Health for All North and South Lanarkshire Delivery Plans. This is one of four key work streams driven under Lanarkshire's Mental Health and Wellbeing Strategy (2019 – 2024), Getting It Right for Every Person.

Good Mental Health for All (GMHFA) is overseen by North and South GMHFA Steering Groups and reports to the IJB's via the North and South Mental Health Partnership Boards and the Mental Health Strategy Steering Group. The GMHFA Delivery Plans cover 6 key areas: Mentally Healthy Infants, Children and Young People; Mentally Healthy Later Life; Mentally Health Environments and Communities; Mentally Healthy Employment; Reducing the Prevalence of Suicide, Self-Harm, Distress and Common Mental Health Problems.



Stigma and Discrimination

11 NHS Stigma Free Champions have been trained by Stigma Free Lanarkshire
26 Understanding Stigma Workshops have been delivered by champions



222 Participants attended
4 Leader's workshops delivered
76 Leader's attended from NHSL, Police Scotland; NLC; VanL; Fire and Rescue

The Leaders of North Lanarkshire Community Planning Partnership committed to ensuring their workplaces and communities are free from mental health stigma and discrimination by signing a pledge to action, creating social media videos with key messages and creating a podcast series

Launch of a Justice Services Pilot in South Lanarkshire (November 2022) focusing on workplace culture: delivering targeted workshops; leader's messaging video; champions programme; and a comprehensive evaluation programme to determine the impact of the SFL/SLC partnership.

Suicide Prevention

28 Suicide Alert sessions were delivered with **360** people attending (90-minute awareness raising workshop)



13 ASIST courses were delivered (Applied Suicide Intervention Skills Training) with **258** people attending, **3** Lanarkshire staff have undergone **ASIST** Trainer Training

Breathing Space benches aim to create welcoming spaces to sit and chat. 4 new benches were installed in 2022.

A range of activities and awareness raising events took place during suicide prevention week (4th – 10th Sept) including: themed walks; Zumba; football tournaments; golf tournament; mindfulness sessions; ALERT training sessions; distribution of suicide prevention drinks coasters with key messaging.



The SP Lanarkshire app is full of information to help keep people safe and guidance on how to look out for others you may be concerned about. Download free from the App Store.

A Well Connected App is available via your app store- search for Well Connected Lanarkshire



Well Connected leaflets are available in Polish, Urdu & Ukranian



Recovery

Mental Health is a destination, not a process. It's about how you drive, "not where you're going".

On a dark, windy, rainy day (2nd November 2022), **150** people came together to share stories and celebrate recovery. For many it was the first opportunity to connect with others face-to-face since before the pandemic.

100% of people said they enjoyed the event

100% of people said the event met (or exceeded) their expectations

95% said they'd learned something about recovery

89% said the event had helped with their own recovery

"Inspiring and humbling to open up and release your feelings"

"It has sparked inspiration for helping others and making a positive difference in High Schools" (Coatbridge High School)

"Without a doubt, helped my recovery"

Uptake	Physical Activity	Healthy Reading	Well Connected Resources	Mental Health Resources	Calm Distress
2022/23	1,037	2,778	49,185	4,002	1,251
Rolling Total	21,916	24,891	454,027	276,556	2,777

Support Details

LAMH www.lamh.org.uk 0330 3000 133

Well Informed on 0800 073 0918

Samaritans on 116 123 (free 24-hour service or visit www.samaritans.org)

Breathing Space on 0800 83 85 87 (free to call between 9pm and 2am or visit www.breathingspace.scot)

NHS24- 111 (out of hours)

If you are a young person contact **Childline** on 0800 1111 24/7 or

Hopeline 9am to midnight on 0800 068 41 41

What might help with my recovery?

Different things may help, and there is no right or wrong way to recover. Some research suggests that key factors on the road to recovery include:

- good relationships
- satisfying work
- personal growth
- the right living environment

Well Connected

Well Connected is NHS Lanarkshire's social prescribing programme. It makes it easier for people to take part in services that are known to improve wellbeing. There are 8 Well Connected Domains: Physical Activity, Volunteering, Employment, Arts & Culture, Benefits, Debt and Welfare Advice, Learning Opportunities, Healthy Reading and Self Help Information in Libraries and Stress Control via the Calm Distress online programme.

Lanarkshire Mind Matters

A range of help online from NHS Lanarkshire Psychological Services
Search online for **Lanarkshire Mind Matters** or visit lanarkshiremindmatters.co.uk



Lanarkshire
mind matters