



Mental Health Delivery Group Newsletter July 2022

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

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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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.highlanddigitalhighland.scot.nhs.uk/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

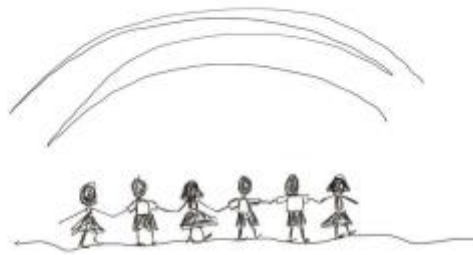


If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

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

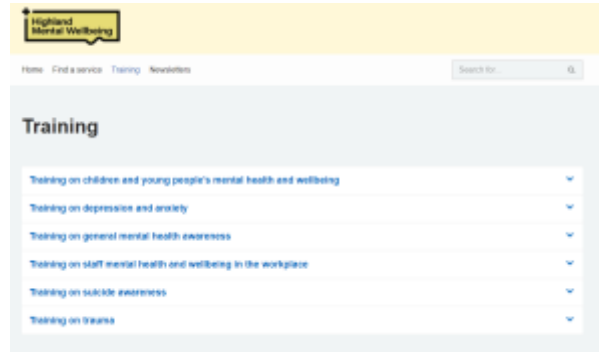
Mental Health and Wellbeing Training for Individuals and Community Groups



Training delivered by all Mental Health Delivery Group Partners - and others

A wealth of training opportunities can be found by selecting the Training tab within the revised Highland Mental Wellbeing website.

[Highland Mental Wellbeing website](#)



NHS Highland Health Improvement Learning Prospectus

Training delivered by NHS Highland Health Improvement colleagues is available to anyone working in Highland.

Whilst there is the obviously relevant training around suicide prevention; mental health awareness; Scottish Mental Health First Aid; there is also training which supports us all to address health inequalities such as e.g. poverty, discrimination which we know lead to poorer physical and mental health.

For further information please see the attached:

[Training Prospectus 2022-23.pdf](#)

One Man Walking, a Million Talking



Opening up the conversation around suicide

On 20th October 2019 John Gibson's son died by suicide. Now, John and a group of friends are currently walking from Land's End to John O'Groats with the aim of opening up the whole conversation around suicide. By having open, honest conversations around suicide we can start to remove some of the shame and difficulties around talking about suicide and begin to help those who are thinking about or planning suicide.

John is raising money for the charity, Canmore Trust, he set up following Cameron's death. The mission of the charity is to create safe spaces for those affected by suicide. You can find out more on: [Suicide Awareness | The Canmore Trust](#)

You can donate to John's cause or simply follow the daily updates on : [John Gibson is fundraising for The Canmore Trust \(justgiving.com\)](#)

John will arrive in Inverness on Friday 19th August and will set off for Alness on Saturday 20th August. Keep an eye out as he makes his way north from Inverness and offer as much support as you can!



1 - Here is John talking about his journey..

Look What's Happening in Hilton..



GREEN HEALTH DAYS

Castle Heather Park

Sat 4th June - Sun 3rd July - Fri 12th Aug

10am to 3pm



Nature connection for the local community, focusing on nature and all its healthy bounty. Free sessions will cover foraging, wildlife watching, arts and crafts, campfire cookery, story telling and more!

These family fun days will have a little bit of something for all ages - all you need to bring is curiosity and a little energy. Our aim is to connect you with some of the best things in life - and they are free!! Well almost free - the rest of nature does require us to take care of it in return.

WWW.N4H.CO.UK

For all events we will be accessing via the Castle Heather Drive entrance. Join us at anytime and stay for as long as you can. We may be in the middle of one activity but you can join in or wait till the next begins. Check us out at our website below and on our Facebook page <http://facebook.com/n4h.co.uk>

Happy Healthy Hilton
Locally based activities supported by



NATURE WALKS HILTON



Join us on a Tuesday afternoon once a month from 1.30 till 3pm to connect with nature and others on gentle short walks with fire brewed tea and snack in lovely local green spaces. This is a new and relaxed venture for all. Our aim is to make you feel great at the same time as a wee social and learning a bit about your local nature.

Tuesdays - 7th June 5th July 2nd Aug
1.30 to 3pm

**Meeting outside and returning to
Hilton Community Centre, Hilton Village,
Oldtown Rd, Inverness IV2 4HT**



WWW.N4H.CO.UK

Walks led by experienced naturalists who aim to interpret what they find along the way. Currently no need to book but do contact us with any queries and check above for location details. The walks are free of charge. Hot drink and biscuit freely available during activity. stephen@n4h.co.uk

Happy Healthy Hilton
Locally based activities supported by



Nature 4 Health aims to help people connect with nature, each other and themselves. Experience the mindful benefits of green and blue space and the fascinating species we share the planet with.

The new Highland Mental Wellbeing website is here!



The Highland Mental Wellbeing website has had a makeover and it's ready to use! On the website, you will be able to find local services supporting communities across Highland. In 'Find a Service', we have filters available to help you narrow down what you're looking for and find the right support in your area.

As part of this redesign, we have added in a new 'Training' section. Here you can see training available around the Highlands and it's provided by many different organisations covering various topics.

That's not all...

If you want to have a look at any previous editions of this newsletter, we have you covered. We have editions of the newsletter going back back to 2021 and all future editions will be uploaded on the website.

The website can be accessed by clicking this link: [Highland Mental Wellbeing – A collection of resources to support mental wellbeing \(scot.nhs.uk\)](https://www.scot.nhs.uk/highland-mental-wellbeing/)

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.**

Thank you

Prescribe Culture Programme 6 - social prescribing through nature and heritage



Prescribe Culture is the University of Edinburgh's award-winning heritage-based, non-clinical support for health, social care and wellbeing, founded on Social Prescribing, defined by the NHS as an approach (or range of approaches) for connecting people with non-medical sources of support or resources within the community which are likely to help with the health problems they are experiencing.

Prescribe Culture does not provide therapy and the session facilitators are Rangers or Heritage Engagement professionals/volunteers, not mental health professionals.

The programme has a total of 112 places available across the Highlands which will be allocated on a first-come, first-served basis.

To find out more about this event and other events around Highland, visit: [Events - N4H](#)

If you know someone who could benefit please see the attached document or access a contact form through this link: [Prescribe Culture Contact Form | The University of Edinburgh](#)

Why Culture? How can that help me feel better?



There has been a lot of research done in recent years which shows that engaging with culture has benefits for wellbeing. Evidence suggests there are five steps we can all take to improve our mental wellbeing. These are:

- **Connect** – strengthen your relationships with the people who are close to you and broaden your relationships in your community and with the wider world
- **Be Active** – this doesn't necessarily mean going to the gym but find an activity that you like and make it part of your life.
- **Keep Learning** – learning new skills can give you a sense of achievement and confidence.
- **Give to Others** - even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Be mindful** - be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. Culture



Better Tomorrow - United to Prevent Suicide campaign for young people



Better Tomorrow is a new youth initiative - made for young people, shaped and informed by young people - encouraging everyone to talk, listen and support each other through the bad days to help prevent suicide.

Find resources and more information at:

[Better Tomorrow - weblink](#)

#UnitedToPreventSuicide #BetterTomorrow



Mind to Mind



NHS Inform have launched this online resource which puts real people's lived experience at the heart of the information and advice that is shared.

The site consists of a range of video recordings from people of all ages, sharing their experience of mental ill health and recovery. Issues covered include:

- Dealing with anxiety or panic
- Handling Stress
- Sleeping better
- Lifting your mood
- Moving through grief

Here is an example of one of the short films where Kirsty shares her experiences and ideas to lift your mood.



Visit www.nhsinform.scot to see the whole range of films.

Silverline




Dame Esther Rantzen of 'That's Life' tv fame, founded this service as a response to her own feelings of loneliness and having listened to the experiences of older people from all walks of life.

'Everyone, no matter who they are, needs someone to talk to and connect with sometimes'.

The Silver Line is a free, 24-hour telephone service for older people. Staff and volunteers offer friendship, support, and a listening ear.

As a free, confidential telephone service, The Silverline gives older people the chance to pick up the phone and enjoy a chat, get some support, and feel all the wonderful benefits that come from talking to a friend.



**"I can't
remember the
last time I spoke
to someone"**



**" Evenings and
weekends are the
worst for me"**

For more information call The Silverline on freephone

0800 4 70 80 90

You can also visit their website at www.thesilverline.org.uk

Remember your conversation is private unless your worries or concerns indicate that you, or someone else, isn't safe or is at risk of harm. Then they would have to tell someone to get the right help at that time.

Breathing Space, NHS 24.
Mental health helpline and webchat



Breathing Space is a free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety

'Open up when you're feeling down'

Sometimes our thoughts and feelings overwhelm us to the point where it becomes difficult to cope with everyday life.

It helps to get some Breathing Space. You are not alone and talking about how you feel is a positive first step in getting help.

Breathing Space aims to provide:

-
- *an alternative and easily accessible 'first stop' service*
 - *assistance at an early stage in order to stop problems escalating*
 - *empathy, understanding and advice through active listening*

- *hope when none exists*
- *direction for those who do not know where to seek help*

So don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.



<https://sway.office.com/SlbNzCPcq2oIXJb1#content=HbYcCdAsi7mT44>

2 - Meet the Breathing Space National Development Officer

Lisa-Jane Dock

0800 83 85 87 www.breathingspace.scot

For hard copies of Breathing Space posters, leaflets and pocket cards email
Breathingspaceresources@nhs24.scot.nhs.uk

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 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

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