

Mental Health Improvement Flash Report

Mental Health Awareness Week 15th- 21st May

ANXIETY



Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

Free Online Mindfulness Sessions

Using Mindfulness to Deal with Anxiety

Wed 17 May 10am- 11am

Please register:

<https://tenforzen.clickmeeting.com/using-mindfulness-to-deal-with-anxiety-with-martin-stepek/register>

Managing Anxiety to get a Good Night Sleep

Wed 17 May, 7pm- 8pm

Please register:

<https://tenforzen.clickmeeting.com/managing-anxiety-to-get-a-good-nights-sleep-with-martin-stepek/register>

Building Resilience to Cope with Anxiety

Fri 19 May 12 – 1pm

Please register:-

<https://tenforzen.clickmeeting.com/building-resilience-to-cope-with-anxiety-with-martin-stepek/register>

Training

As part of **Mental Health Awareness Week (15th – 21st May)**, we are offering **two online training sessions** for voluntary sector staff working in projects focused on improving mental health and wellbeing. These are 2-hour, online sessions called Ask, Tell.

People who attend should find themselves better equipped to support their own and other's mental health, have compassionate conversations and an awareness of Suicide Prevention.

Wed 17th May 10am – 12

Thur 18th May 2pm – 4pm

Anyone interested in participating, should contact Elaine Johnston (elaine.johnston@lanarkshire.scot.nhs.uk) to register interest.

Mind your Head Walk & Talk

Wishaw Event -
Wednesday 17th May at
LAMH Food for Thought
Café in Wishaw @ 10am
– 12pm (57 Kirk Rd,
Wishaw ML2 7BL).
Shotts Event – Friday 19th
May @ GBT Shotts
Healthy Living Centre @
11am – 1pm (Shotts
Healthy Living Centre,
Kirk Rd, Shotts ML7 5ET) -
Free soup available in the
café following the walk –
Shotts only.

Recovery Conversation Café's in local communities throughout Lanarkshire, where members of old and new come together to start the process of rebuilding relationships, building links within the community, sharing experiences, provide vital feedback on support and services received, raise any concerns about issues affecting support and hear about developments in health, social care and events that may be of interest. <https://www.elament.org.uk/support-projects-groups/projects-campaigns/mental-health-awareness-week-may-2023/>

For more information on activities for Mental Health Awareness Week in your area go to <https://www.elament.org.uk/support-projects-groups/projects-campaigns/mental-health-awareness-week-may-2023/>

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.

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

Well Connected leaflets are available in Polish, Urdu & Ukranian

Lanarkshire Mental Health web site

www.elament.org.uk

Healthy Reading

All Lanarkshire libraries have resources which are aimed at helping people get the most from life such as living life to the full, sleeping better and becoming more confident and assertive. Healthy reading can be helpful for people to overcome and cope with mental health problems such as anxiety, depression, stress, dementia and panic. There are also resources for all ages including supporting young people, adults and older people.

<https://www.elament.org.uk/media/1911/healthy-reading-2nd-edition-2018-screen.pdf>



ACAS have produced two

toolkits [Managing in difficult times - Guidelines \(frontify.com\)](#) and the 'Stress at Work' [Stress at work - Guidelines \(frontify.com\)](#)

Children & Young People

Kooth A new digital, confidential mental health support service to support young people and adults in both North and South Lanarkshire (10-to 18-year-olds, and those aged up to 26-years-old who are care experienced) www.kooth.com.

Let's Introduce Anxiety Management (LIAM)

self-help resources: Workbooks to help all Parents, Carers and Trusted Adults to support their Children and Young People to manage Anxiety in an evidence-based manner: [Early intervention for children](#) | [Turas](#) | [Learn \(nhs.scot\)](#)

More Supports

Anxiety

<https://www.mentalhealth.org.uk/sites/default/files/2023-04/MHAW23-coping-with-anxiety-tips.pdf>

Silver Cloud- Online course for parents & carers to support an anxious child or teenager

[SilverCloud Helping Children and Teens - Lanarkshire Mind Matters \(scot.nhs.uk\)](http://SilverCloud Helping Children and Teens - Lanarkshire Mind Matters (scot.nhs.uk))

Calm Distress- An online course all about emotions, coping and wellbeing

<https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/calm-distress-online-course-overview/>

Daylight and Sleepio-Two online programs to help manage anxiety and get a better night's sleep

<https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/daylight-and-sleepio-courses/>

Beating The Blues- An online programme Designed to help with symptoms of stress, anxiety, depression and low mood.

<https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/beating-the-blues/>

Information on anxiety

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/anxiety>