

Mental Health Improvement Flash Report

Mental Health Awareness Week 13th- 19th May
MOVEMENT



Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts! <http://www.mentalhealth.org.uk/mhaw>

Find moments
for movement
every day

Mindfulness

13th- 19th May- short mindful walking videos with hints & tips on how to walk mindfully
Facebook- Martin Stepek's Ten for Zen

'Live' Mindful Walk in Chatelherault –
Monday 13th May – 10am to 11am

'Live' Mindful Walk in Strathclyde Park –
Thursday 16th May – 12pm to 1pm

Training

As part of **Mental Health Awareness Week** we are offering an **online training session** 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 13th May 9.30-11.30

For further information & dates <https://forms.office.com/e/pAsnEpE37K>

Set small,
achievable goals

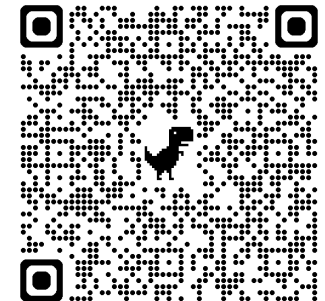
Find the
fun



Lanarkshire Green Health Partnership

Find out about green health opportunities across Lanarkshire and make more use of Scotland's outdoors

<https://www.element.org.uk/support-projects-groups/projects-campaigns/greenspace/>

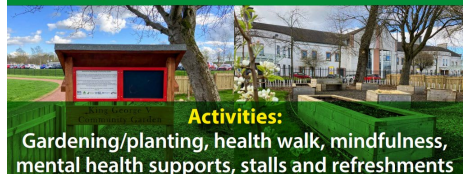


For more information on activities for Mental Health Awareness Week in your area go to <https://www.element.org.uk/mental-health-awareness-week-may-2024/>



Tuesday 14th May 2024, 1-3pm

King George V Park, Wishaw ML2 0DZ



Get Outdoors Lanarkshire

Take a break from sitting

Wednesday 15th May
2.30-3.00pm

Meet at the entrance to the health centre

Celebrate Green Health Week with Lanarkshire Green Health Partnership. Join us for a short stroll in Overtoun Park to experience the benefits of connecting to nature. We'll also tell you about the new nature prescription tool to support wellbeing through nature connection.

Open to all H&S staff, partners and community groups

Green Health Week

Join Us For MENTAL HEALTH Week On 15th May @ Springhill Hub

11.30AM - BRUNCH
12.30PM - UNDERSTANDING STIGMA
14.00PM - MINDFULNESS

FREE EVENT

CONTACT US ON
01501 825800
OPTION 2 TO SECURE YOUR PLACE

Mental Health Awareness Week

Friday 17th May
2-3.30pm

Woodstock Medical Centre
Lanark

Join us for a cuppa to find out more about resources and support available to support your mental health

Well Connected leaflets are available in Polish, Urdu & Ukranian

Connect with others

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.

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 \(scot.nhs.uk\)](https://www.scot.nhs.uk/silvercloud/helping-children-and-teens/)

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/>

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.