

# Your Mental Health and Wellbeing

## Support and resources available to you



### OFFICIAL

## Introduction

The following links will direct you to a range of information and support that will help you to look after your mental health and wellbeing during this difficult time. This includes links to best practice resources that have been officially recognised and recommended by the Scottish Government for use to support staff wellbeing during the COVID-19 pandemic.

The resources have been organised into **twelve key themes**, in accordance with the Scottish Government and council guidelines, for ease of reference:

1. Staying safe and well	2. Emotional wellbeing	3. Financial wellbeing
4. Domestic abuse	5. Sleep	6. Social Connections
7. Eating well	8. Physical activity	9. Resilience
10. Culture and behaviours	11. Compassionate leadership	12. The role of the team

## 1. Staying safe and Well

### Online support:

- [COVID-19 updates for Glasgow City Council Staff](#) - Daily updates for Glasgow City Council Staff, including mental health and wellbeing information, resources and support
- [NHS Scotland Staff Governance Website](#) - Governance and partnership working
- [NHS Education for Scotland](#) - Psychosocial mental health and wellbeing support
- [NHS Inform](#) - Coronavirus (Covid-19) advice
- [Support in Mind Scotland](#) - Mental health support
- [Breathing Space](#) - Listening, information and advice
- [Mental Health Foundation](#) - Mental health and psychosocial support

## 2. Emotional Wellbeing

### Helplines:

- **NHS 24** (111) if unable to talk to your GP
- **Employee Assistance Service - Workplace Options** (0800 247 1100)  
LGBT helpline (0800 138 8725), BME helpline (0800 288 4950)
- **Breathing Space** (0800 83 85 87)
- **Samaritans** (116 123)

### Online support:

- [Talk to your GP](#) - Advice from Mental Health Foundation
- [Council Staff Updates Webpage](#) - Wellbeing information, resources and support
- [Tips for staying safe and well](#) - Guide for Staff on looking after wellbeing
- [Council Employee Equality Support Networks](#) - email for information and support:
  - Black and Minority Ethnic Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)
  - Carers Employee Support Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)
  - Disabled Employee Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)

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- Prism, LGBTi Network - [prism@glasgow.gov.uk](mailto:prism@glasgow.gov.uk)
- Lean In, Women's and Gender Issues Network - [leanin@glasgow.gov.uk](mailto:leanin@glasgow.gov.uk)
- [NHS Scotland Staff Governance Website](#) - Governance and partnership working
- [NHS Education for Scotland](#) - Psychosocial mental health and wellbeing support
- [Breathing Space](#) - Listening, information and advice
- [Mental Health Foundation](#) - Mental health and psychosocial support
- [NHS Inform](#) - Coronavirus (Covid-19) advice
- [Support in Mind Scotland](#) - Mental health support
- [See Me](#) - Resources to help challenge mental health stigma
- [SAMH](#) - Coronavirus mental health information hub
- [NHS - Mental Health Apps](#)

### 3. Financial Wellbeing

#### Online support:

- [StepChange](#) Debt Charity - Free online debt advice
- [Five Ways to Financial Wellbeing Support Factsheet](#) for Glasgow City Council staff
- [Money Advice Service](#) - Free and impartial money advice
- [Citizens Advice Scotland](#) - Debt and money advice
- **Workplace Options, Employee Assistance Provider** - [Support on Debt Issues](#)
- [Support in Minds Scotland](#) – Mental Health and Money Advice in Scotland during COVID-19

### 4. Domestic Abuse

#### Online support and helplines:

- [COVID-19 Violence Against Women support services](#) for women experiencing abuse, in line with Scottish Government Guidelines on self-isolation and social distancing.
- [Scottish Women's Rights Centre](#) - Support available for women experiencing abuse during COVID-19

### 5. Sleep

#### Online support:

- [Sleepio](#) - free online personalised digital programme to help improve poor sleep. Click on the link using your laptop or desktop computer, sign up for an account and click on 'personalise sleepio' to get started.
- [Bedtime meditation session](#) - available on the NHS Fitness Studio.
- [Trouble Sleeping](#) - NHS self-help booklet.
- [NHS Inform](#) - interactive online self-help guide on sleep problems and insomnia.
- [Mental Health Foundation](#) - How to sleep better.
- [MIND](#) - Guidance on sleep and mental health.

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## 6. Social Connections

### Helplines:

- **NHS 24 (111)** if unable to talk to your GP
- **Employee Assistance Service - Workplace Options** (0800 247 1100)  
LGBT helpline (0800 138 8725), BME helpline (0800 288 4950)
- **Breathing Space** (0800 83 85 87)
- **Samaritans** (116 123)

### Online support:

- [Council Staff Updates Webpage](#) - Daily updated for Glasgow City Council Staff, including mental health and wellbeing information, resources and support
- [Tips for staying safe and well](#) - Guide for Glasgow City Council Staff on looking after wellbeing
- [Council Employee Equality Support Networks](#) can be contacted by e-mail for information and support:
  - Black and Minority Ethnic Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)
  - Carers Employee Support Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)
  - Disabled Employee Network - [equality&diversity@glasgow.gov.uk](mailto:equality&diversity@glasgow.gov.uk)
  - Prism, LGBTi Network - [prism@glasgow.gov.uk](mailto:prism@glasgow.gov.uk)
  - Lean In, Women's and Gender Issues Network - [leanin@glasgow.gov.uk](mailto:leanin@glasgow.gov.uk)
- [NHS Education for Scotland](#) - Psychosocial mental health and wellbeing support
- [Breathing Space](#) - Listening, information and advice
- [Mental Health Foundation](#) - Mental health and psychosocial support
- [NHS Inform](#) - Coronavirus (Covid-19) advice
- [Support in Mind Scotland](#) - Mental health support
- [See Me](#) - Resources to help challenge mental health stigma
- [SAMH](#) - Coronavirus mental health information hub
- [Penumbra](#) - Coronavirus information Hub
- [Samaritans](#) - Coronavirus resources

## 7. Eating Well

### Online support:

- [WHO](#) - Food and nutrition tips during self-quarantine
- [NHS Inform](#) - Food and nutrition
- [Food Standards Scotland](#) - Eat well everyday
- [Parent Club](#) - Eating well at home
- [Healthy Working Lives](#) - Healthy eating

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## 8. Physical Activity

### Online support and resources:

- [NHS - Fitness Videos](#)
- [Mind - Physical activity and your mental health](#)
- [Sport England - Stay In, Work Out #StayInWorkOut](#)
- [WHO - Be Active During Covid-19](#)
- [Paths for All - Home based exercises](#)

## 9. Resilience

### Helplines:

- **NHS 24** (111) if unable to talk to your GP
- **Employee Assistance Service - Workplace Options** (0800 247 1100)  
LGBT helpline (0800 138 8725), BME helpline (0800 288 4950)
- **Breathing Space** (0800 83 85 87)
- **Samaritans** (116 123)

### Online support:

- [NHS Education for Scotland](#) - Psychosocial mental health and wellbeing support
- [Breathing Space](#) - Listening, information and advice
- [Mental Health Foundation](#) - Mental health and psychosocial support
- [NHS Inform](#) - Coronavirus (Covid-19) advice
- [Support in Mind Scotland](#) - Mental health support
- [See Me](#) - Resources to help challenge mental health stigma
- [SAMH](#) - Coronavirus mental health information hub
- [NHS - Mental Health Apps](#)
- [Lifelines - How to stay well](#)

## 10. Culture and Behaviours

### Useful Resources:

- [The Kings Fund - Michael West: collective leadership for culture change](#)
- [The Kings Fund - Improving NHS culture](#)
- [Civility Saves Lives](#)

## 11. Compassionate Leadership

### Useful Resources:

- [Mind - Taking care of you - our work with emergency departments](#)
- [SAMH - Coronavirus mental health information hub](#)
- [Healthy Working Lives](#)

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### 12. The Role of the Team

#### Useful Resources:

- [CIPD podcast 'Building the best team'](#)
- [Civility Saves Lives](#)
- [Learning from Excellence](#)