

# STAFF RESOURCES AND TRAINING TO SUPPORT MENTAL HEALTH



One Good Adult Video accessed [here](#)

Research and evidence supporting notion of One Good Adult [here](#)



## RESPONDING TO DISTRESS

Loss: Whole School approach to loss and bereavement - link [here](#)

Self harm: Lifelines e-learning module [here](#)  
What's the Harm? training - link in CPD manager

Suicide Intervention: ASIST / SafeTalk course available - speak to link EP for dates

Mental Health First Aid Course - Available thorough CPD manager

## RESILIENCE BUILDING IN SCHOOLS

SAMH Training  
Training aimed at all staff in general Mental Health Supports - link [here](#)

Mental Health training provided by Mindset - link [here](#)

CCC - Whole School resource looking at supporting the emotional and mental wellbeing of pupils in upper primary - link [here](#)

Nurture - Nurture can be implementned at a whole school level and at a group level and supports pupil wellbeing.

## RESILIENCE BUILDING IN COMMUNITIES

Healthy Minds Website focuses on 14 areas of Mental Health - link [here](#)

Consider what supports are in your learning community / LIG - what supports are other schools using? The format [here](#) could be used to support discussions as a school.



Does your school have a mental health policy which may support you? A draft policy can be found [here](#).

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## PEER HELP AND SUPPORT

If you feel you personally need support with your mental health there are phone helplines available:

- Samaritans
- Lifelink
- Heads Up
- Breathing Space

You can also text the crisis text line on 85258

The Employee Assistance Programme can support with any issues you may have personally. This informtion is on Glasgow Connect.

[Wellbeing Glasgow](#) may support yourself / peers with a range of issues - there are booklets and audio / video guides available

Supports for pupils can be found on pupil resource poster.



Glasgow Psychological Service  
nurturing wellbeing and learning

