



Welcome to the Mental Health Improvement e-bulletin

We hope to keep you up-to-date, from a national perspective, on the delivery of Towards a Mentally Flourishing Scotland.

If you'd like to be added to - or removed from - the e-bulletin's distribution list, please email nhs.healthscotland-wellscotland@nhs.net.

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Headline news

Coping with Dementia DVD Launched

The 'Coping with Dementia: a Practical Guide for Carers' DVD was launched in Rutherglen Town Hall on 9 June 2010. [View the DVD online.](#)

Carer's Week

Carer's week took place this month from 14-20 June. Visit the [Carer's Week website for more information.](#)

Dementia strategy launches

Commitments to improve support after diagnosis and hospital care for people with dementia have been made as part of Scotland's first national dementia strategy.

- [View the Scottish Government website](#) for more information about the launch event.
- [Read the full strategy online.](#)

Focus on support as 'see me' launches photography competition

see me has launched a national photography competition with the theme 'support'.

The closing date for all entries is 17 September 2010. [Details on how to enter are available from the see me website.](#)

Party leaders unite to support the 'see me' campaign

Scotland's political leaders came together today to unite in support for 'see me': Scotland's national campaign to end the stigma and discrimination against mental ill health. [More information about the campaign is available online.](#)

Mental Health Improvement Special Interest Group (SIG)

The Mental Health Improvement SIG recently produced a paper to help local partners plan for mental health improvement while considering inequalities. [The paper can be viewed online.](#)

Talking Mental Health

Talking Mental Health, a website to help mental health staff communicate information about mental health and the law to Black and minority ethnic service users and carers, will launch this summer. For more information, contact Tim Andrew (tim.andrew@nhs.net).

Resources available

UPDATE is Scotland's disability information service. A helpline is available for the public: Tel: 0131 669 1600 (9.30am– 6.00pm). [Information services and resources](#) are available for local disability organisations.

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Forthcoming events and training

Tackling Health Inequalities: Delivering Positive Outcomes For All

Thursday 1 July 2010, 10.00am to 5.00pm (registration from 9.15am)
The Guoman Charing Cross Hotel, The Strand, London

[The 3rd Public Policy Exchange health inequalities conference](#) provides an opportunity for the NHS, local authorities, practitioners and key stakeholders to consider how best to achieve a long term sustainable reduction in health inequalities.

EACH Child and Young Person's Health Matters campaign

14 September, Glasgow

Attend the EACH Child and Young Person's Health Matters: Asking the Difficult Questions conference on 14 September in Glasgow to find out more about the healthcare rights of the child.

To register, email enquiries@ascscotland.org.uk.

Promoting Health and Challenges Ahead

The Barbican, London, 30 September 2010

The challenge to improve and maintain the health and wellbeing of the population is a difficult undertaking. The Promoting Health and Challenges Ahead conference will address some of the most topical issues. You can [register for the conference online](#).

Creating good lives, class, work, family and wellbeing

Friday 29 October 2010, 09.30am - 4.30pm, Concert Hall in Glasgow

This event will introduce Scottish organisations to leading edge thinkers, enhance participants' understanding of well-being, and develop an understanding of the factors that contribute to worklessness, health inequalities and acute social problems.

For more information, contact the Centre for Confidence and Well-being (contact@centreforconfidence.co.uk).

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Publications and resources

National Suicide Prevention Review Group

Minutes of National Suicide Prevention Review Group meetings are available on the [Scottish Government web pages](#).

Loneliness and Mental Health

The Loneliness and Mental Health report was recently launched by Mental Health Foundation. [It's now available online](#).

Study of Community Health Partnerships (CHP)

The study examines the early progress that CHPs have made and identifies the factors which have facilitated or possibly hindered progress. The study can be viewed on the [Scottish Government website](#).

Slideset: Guidance on promoting young people's social and emotional wellbeing in secondary education

A slideset on the Scottish Perspective on NICE public health guidance 20: 'Promoting young people's social and emotional wellbeing in secondary education' is [available online](#).

NHS Health Scotland – Mental Health and Wellbeing Alert

Here's a [monthly current awareness alert](#) to help you keep up to date with new research in the field of mental health.

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Have your say

We hope that you find the Mental Health Improvement e-bulletin useful. We welcome your feedback or suggestions for future editions.

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