

## Mental Health Transformation Programme Bulletin 2. May 22<sup>nd</sup> 2020

Dear colleagues,

Welcome to our bulletin. We've included updates from across our programme and would welcome your feedback. Do you find this useful? Is there anything else you'd like us to include?

If you have any comments or suggestions, please send them to [laura.blake10@nhs.net](mailto:laura.blake10@nhs.net)

### Communications update

#### Mental health awareness week 18-24 May



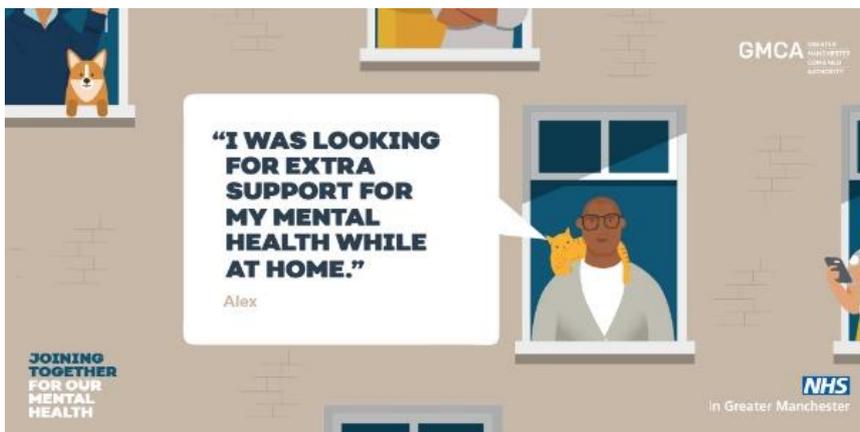
The theme for this year is kindness and we will be focusing on being kind to others (highlighting acts of kindness at an individual and community level) and being kind to ourselves (mental health and wellbeing messages). We will link this in with the Greater Manchester and other campaigns and initiatives eg Dementia United, Every Mind Matters, Living Life To The Full. We've developed a resource pack that has been shared widely with stakeholders and communication leads across Greater Manchester. #kindnessmattersGM

We worked with Headstock who ran a special online event via United We Stream that marked the start of Mental Health Awareness Week in the UK. Coincidentally, 18 May also marked the 40th anniversary of Joy Division's Ian Curtis death. With this in mind they were joined in conversation by New Order and talked to the band about all things Joy Division, Ian Curtis and mental health. They also had contributions from Brandon Flowers from the Killers and streamed a live performance from Irish band, Kodaline and The Lottery Winners, amongst others. They promoted Shout during the event for anyone who felt they needed support.

## Joining together for our mental health



We've joined the Greater Manchester 'Joining Together' campaign which will be running over the next few weeks. The 'joining together for our mental health' strand provides a platform for promoting mental health services, available to all adults and children across Greater Manchester. It positions this support as part of a wider offer for residents, which together will enable all residents to stay healthy, safe and well, in joined up communities. Alongside Greater Manchester-wide messages we have provided localities with bespoke materials to use to promote services in their local areas eg:



Alex is now accessing @SilverCloudH - a confidential & secure online self-help programme that is proven to help with anxiety, stress and depression. <https://hub.gmhsc.org.uk/mental-health/silvercloud/> #TogetherGM



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Need to talk? Kooth are by your side when you need them the most  
<https://hub.gmhsc.org.uk/mental-health/kooth/> #Kooth #TogetherGM

Alongside social media activity we've:

- Produced two e-flyers outlining services available – one for adults and one for children & young people.
- Articles for local media
- Run a campaign on Unity Radio

All materials have been shared with mental health stakeholders and communication leads across Greater Manchester. If you would like copies please contact [laura.blake10@nhs.net](mailto:laura.blake10@nhs.net)

### Website

We're continuing to develop our COVID-19 resources hub. This is public facing. Since the end of March the [COVID-19 resources page](#) has had over 22,350 page views. All resources have been quality checked and we will continue to add resources as they become available. If you know of any useful resources, please send them to [laura.blake10@nhs.net](mailto:laura.blake10@nhs.net) and we will review them. We've also developed a new section where people can search for [mental health support in their locality](#) and this is also being used by the Shout crisis volunteers.

### Greater Manchester Mental Health Campaign

The logo for the 'Beelieve' campaign. The word 'Beelieve' is written in a cursive, handwritten-style font. A small, stylized bee icon is positioned above the letter 'e'.

**Beelieve in Greater Manchester is a campaign to provide mental health support during and after the Covid-19 outbreak.**

Mental health charities from across Greater Manchester have teamed up in a new campaign, [Beelieve](#) to support individuals, families and communities affected by Covid-19. Charities are seeing new issues emerge as people try to cope with the social and psychological distress that Covid-19 and isolation can cause. Beelieve will support individuals by providing resources and equipment which will allow them to access emotional and practical help now and into the future. Mancunian band '[The Lottery Winners](#)' have offered their support and are donating profit from the sale of their new single 'Love Will Keep Us Together' to support this campaign.

[You can donate to the campaign here](#) #BeelieveGM

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## Service updates

**24/7 Integrated all-age mental health, learning disabilities & autism, substance misuse open access crisis line & expanded clinical assessment service (CAS):**



We have the above for each locality in GM. This service is now live alongside a new section on the mental health website where people can search for locality based mental health support via a clickable map: <https://hub.gmhsc.org.uk/mental-health/in-your-area/>



**Key contacts:** [boby.raja@nhs.net](mailto:boby.raja@nhs.net) and [linsey.hall@nhs.net](mailto:linsey.hall@nhs.net)

### Digital services mobilisation

**Shout:** there have now been over 100 conversations supporting people in crisis (the main presenting condition is anxiety). In addition to national support and helplines the crisis volunteers now have access a directory of support services for each locality <https://hub.gmhsc.org.uk/mental-health/in-your-area/> - to make it easier for people to remember how to access Shout we are now using Text GM to 85258. The locality specific texts are still operational. Feedback from the service users has been very positive:

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*“CV was very helpful, considerate and presented a helpful solution and exercise to help me with my situation. I am very grateful”*

*“Thank you again for your time. It was nice to talk to somebody so understanding and who took the time to listen and acknowledge”.*

**SilverCloud:** an online therapy programme for adults proven to help with stress, anxiety, low-mood and depression. We have had a significant take up of this with over a 1000 people having accessed the offer through IAPT services and 964 people have accessed SilverCloud direct.

**Key contacts:** [karen.clarke34@nhs.net](mailto:karen.clarke34@nhs.net) and [boby.raja@nhs.net](mailto:boby.raja@nhs.net)

**Blue Ice App:** is now being prescribed via CAMHS services across the 10 Boroughs of Greater Manchester. We're starting to gather feedback from children and young people to whom it has been prescribed and, although this is in its early stages of being utilised, feedback has included that the app is easy to use and that it has helped in managing negative feelings.

**Key contact:** [karen.clarke34@nhs.net](mailto:karen.clarke34@nhs.net)

**We Can Talk:** is a training programme for staff and colleagues in hospitals who deal with children and young people presenting at A&E departments in a mental health crisis. We Can Talk have developed an online training module to be used as an introduction to their approach. The training module includes powerful, real-life video scenarios from the We Can talk's Young Advisors. The module went live on 11<sup>th</sup> May and the link to access it can be found here

<https://wecantalk.online/fundamentals/>

**Key contact:** [karen.clarke34@nhs.net](mailto:karen.clarke34@nhs.net)

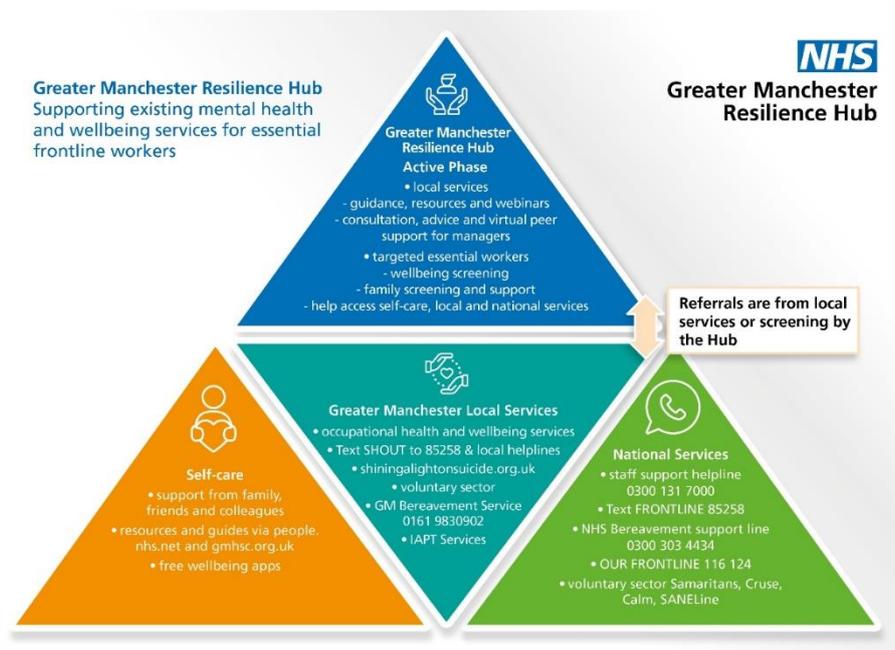
## Resilience hub

The Greater Manchester Resilience Hub has been commissioned to provide psychosocial and emotional wellbeing support to targeted essential frontline workers across GM in response to Covid-19.

Part of the service includes targeted wellbeing screening of essential frontline workers. In line with best practice evidence and guidance, the screening takes a proactive public health approach to help prevent suicide and improve wellbeing. The screening will start to be rolled out in May targeting workers in teams who have saved the lives of people with acute Covid-19 symptoms; provided care and end of life care to people with acute Covid-19 and provided services involving the deceased who have died from Covid-19. The definition of teams includes all staff such as cleaners, porters, security and other ancillary staff.

A link to the wellbeing questionnaire will be emailed to individuals (alternative methods are available for those without an email). There is also an option for their immediate family to complete the questionnaire. This can be done whether the individual chooses to complete the questionnaire or not.

Workers whose screening results indicate they are experiencing high levels of distress will receive a call from a qualified mental health professional. All respondents under the age of 16 will also receive a call to their parent/ guardian.



All respondents will be given the Resilience Hub telephone number and have access to speak to qualified mental health professionals regardless of their screening results. They will also be provided with national and local support services.

Targeted screening is just part of the offer from the Greater Manchester Resilience Hub, to find out more about the provision of services contact [GM.help@nhs.net](mailto:GM.help@nhs.net)

**Key contact:** [katherine.mcquirk@nhs.net](mailto:katherine.mcquirk@nhs.net)

## Mental Wellbeing

**VCSE mental wellbeing small grants programme.** We know that some people from communities of identity or experience face additional barriers in achieving high levels of mental wellbeing. Greater Manchester Centre for Voluntary Organisation, in partnership with the ten Greater Manchester localities will administer a rolling small grants programme on behalf of the Greater Manchester Health and Social Care Partnership. Initially, small grassroots community organisations will have the opportunity to apply for funding to deliver mental wellbeing activities in their communities and without needing to compete with larger Voluntary Community and Social Enterprise organisations for resources. This funding is part of a wider investment in mental wellbeing awarded from transformation funding in 2019. Eligibility and application guidance can be found here: <https://www.gmcvo.org.uk/gm-mental-wellbeing-grants>

**Living Life To The Full.** It's well evidenced that people with limited English proficiency have limited access to health information. In order to respond to emerging language needs, the [Living Life To The Full](#) programme e-books will be translated into 14 of the most common languages spoken in GM based on ONS 2011 data. This is to ensure that support is accessible regardless of residents' language capabilities.

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Living Life to the Full is an evidenced based programme to support citizens to overcome low mood, anxiety or depression using cognitive behavioural therapy concepts. It is digitally accessible and offers lots of practical skills to help individuals manage problems more effectively now and in the future.

We know across Greater Manchester that there are unequal patterns of technology access and digital literacy. To respond to this, we're printing a Wellbeing and mental health Covid19 booklet and all the Living Life to the Full booklets. The intention is to disseminate these via a targeted approach through our VCSE mental health stakeholders and the 10 locality hubs.

**Key contact:** [charlene.mulhern@nhs.net](mailto:charlene.mulhern@nhs.net)

## Suicide

- For those feeling suicidal, who are concerned for others or bereaved by suicide, information is available at [www.shininglightonsuicide.org.uk](http://www.shininglightonsuicide.org.uk)
- For those bereaved or affected by suicide there is the Greater Manchester Suicide Bereavement Information Service. A confidential information service that can be contacted on 0161-983-070 to offer help with practical and emotional issues.  
<http://www.shininglightonsuicide.org.uk/>

## Bereavement and end of life

The Greater Manchester Bereavement Service went live as planned on April 30<sup>th</sup>

<https://hub.gmhsc.org.uk/bereavement-service/>

**Key contact:** [adele.owen1@nhs.net](mailto:adele.owen1@nhs.net)

## Perinatal & Parent Infant Mental Health

The Greater Manchester Perinatal and Parent Infant Mental Health Model is now available on the website. We also have a new COVID-19 resources page on the mental health website and are continuing to update the main perinatal and infant parent mental health resources pages.

**Key contact:** [pat.mckelvey@nhs.net](mailto:pat.mckelvey@nhs.net)

## Mental health in education

With the announcement this week of the easing of COVID19 restrictions the Department for Education has issued guidance on not only how to prepare for social distancing in schools and colleges but also pupil wellbeing by asking schools and colleges to consider plans for likely mental health, pastoral or wider wellbeing support for children and young people returning to school or college. The close working fostered between health, education and social care colleagues in the mental health in education programme has been recognised as a key opportunity to support the mental health element of the pan Greater Manchester education recovery planning which we will support in any way we can.

**Key contact:** [ann.hambleton@nhs.net](mailto:ann.hambleton@nhs.net)

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## Learning disability and autism

The Greater Manchester Health and Social Care Partnership are continuing to support the learning disabilities and autism complex needs work. During COVID19 we're concentrating on the women with learning disabilities/autism and emotional trauma who remain in hospital and should be supported into the community during the next two years.

**Key contact:** [helen.mcprice@nhs.net](mailto:helen.mcprice@nhs.net)

## Other news

### Inaugural IMPACT autism symposium

With a wide range of speakers including Dame Stephanie Shirley, Professor Jonathan Green and Sandy Bering this online event includes a live Q&A. You can register online and find out more about this event here [www.pacttraining.co.uk/symposium-registration-form/](http://www.pacttraining.co.uk/symposium-registration-form/)

This event is now free to parents & carers and individuals with autism.

### VCSE leadership

We know that some communities are being harder hit and inequalities exacerbated and so we are exploring cultural, identity and experience-based interventions developed with expert grassroots organisations from across the ten localities. The aim is to enable organisations from within our diverse communities to serve and support the communities that they know, understand and are trusted by. The mental health VCSE leadership group is capturing and tracking behaviours and issues as they emerge to complement the data across the system to build a plan that includes early intervention and prevention and psychosocial support.

**Key contacts:** [Simone.Spray@42ndstreet.org.uk](mailto:Simone.Spray@42ndstreet.org.uk) & [stewart.lucas@manchestermind.org](mailto:stewart.lucas@manchestermind.org)

### Get in Touch

If you have any further question about items discussed in this bulletin please reply to the original email or contact [laura.blake10@nhs.net](mailto:laura.blake10@nhs.net)