

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Bullying and Mental Health: during COVID-19

Mental Health Week runs from 18th -24th May. This year's theme is kindness so get involved and drive the conversations on mental health and kindness to create lasting change. Here are some resources to help you along with way.

Children and Young people

Respect Me: Scotland's Anti-bullying Service: provides a range of resources, publications and training courses. <https://respectme.org.uk/>

Young Scot: hosts a range of articles and clips on bullying <https://young.scot/search-results?q=bullying>

Childline: free helpline **0800 1111** available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online. Website also provides information on bullying, abuse, safety and the law <https://www.childline.org.uk/info-advice/>

I Am Me Scotland: Changing attitudes and behaviours so that disable and vulnerable people can feel safe within their communities <https://iammescotland.co.uk/>

Adults

NHS UK: offers information on bullying at work, what it is and what you can do. <https://www.nhs.uk/conditions/stress-anxiety-depression/bullying-at-work/>

Hate Crime Scotland: provides information on what hate crime is, how to report it and resources to raise awareness. <https://www.hatecrimescotland.org/>

Heads Up: bullying can impact on mental health causing anxiety, depression and suicidal thoughts. Has information on these mental health conditions, and includes advice and tips on ways on how people can cope with living with the condition. <http://headsup.scot/>

E learning/Digital

Bullying in Schools, How Teachers Should Respond: Register [here](#)

Online Mindfulness Based Living Course - Young Adults 16-19 years. Register [here](#)

See Me: Learn more about how mental health stigma and discrimination impacts people in work [here](#)

Useful telephone supports

National Bullying Helpline: 0854 22 55 787 (call charges apply) provides practical help and advice for children and adults dealing with bullying at school or work.

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed.

Samaritans: 116 123. A free and confidential support service to anyone, any age.