



Winter wellbeing booklet launches

Scottish mental health and wellbeing charity, Health in Mind, and East Lothian Health and Social Care Partnership have partnered to launch a wellbeing booklet for the festive period.

The free booklet, 'Winter wellbeing' has been developed in response to the additional pressures that COVID-19 presents for people this winter. The booklet looks at the things people can do to look after their mental health and wellbeing from the comfort of their homes.

It includes resources to help people cope with the unique challenges that they are facing, like grief, loneliness and staying connected. It also brings together a range of helpful contacts and has some craft ideas.

Wendy Bates, Chief Executive at Health in Mind, said: 'The festive period can be a really tough time of year. But this year, it's going to look and feel different. It might be the first year we can't celebrate it in person with our friends and family and are coming to terms with what a digital Christmas and New Year period will look like, we might be facing additional financial pressures, or feeling alone. That's why we wanted to create this booklet to offer some additional help as we find our way through these tough times. It's a reminder to try to find comfort in the little things, and to make time to look after yourself.'

East Lothian Integration Joint Board Chair Councillor Fiona O'Donnell says: '2020 has been a year like no other and lots of us may not really be feeling the Christmas cheer. The East Lothian Winter Wellbeing booklet will come in very handy on days when you are feeling a bit down, a bit worried or missing someone because of loss or physical separation. It offers things that you can do to lift your mood and tells you where to go for help, if you need it. I think it's going to be really useful for lots of us. If Christmas is getting you down, make sure you get your copy – I think it will help.'

The guide is available online to download from Eastspace, visit:
www.eastspace.org.uk.

ENDS

Notes to Editor

For interviews and information, please contact Alana Genge, Communications Manager on: alana.genge@health-in-mind.org.uk 07760 752996

Health in Mind is a Scottish charity with your mental health at heart. It's been promoting positive mental health and wellbeing in Scotland since 1982 by providing a wide range of services to support people and enable them to make a positive difference in their lives www.health-in-mind.org.uk