



**EMBARGOED UNTIL 9AM FRIDAY 9 OCTOBER 2020**

## **iThrive: New mental health resource launches for citizens of Edinburgh**

iThrive Edinburgh is an online space that contains information about mental health and wellbeing services, events, news and self-help materials for Edinburgh citizens.

The online space has been developed by Scottish mental health and wellbeing charity Health in Mind in partnership with Edinburgh's Health and Social Care Partnership.

It is part of **Thrive Edinburgh**, the innovative strategy for improving the mental health and wellbeing of all citizens in Edinburgh.

Dr Linda Irvine Fitzpatrick, Strategic Programme Manager at Edinburgh Health and Social Care Partnership said:

'Mental health is important at every stage of life, and to all sectors of society. It affects how people think, feel, act and make decisions. And it's why the Edinburgh Health and Social Care Partnership continues to focus on supporting the people of Edinburgh with accessible resources that can help them take control of their mental health and stay well. iThrive Edinburgh brings together a range of useful information and, as it has been co-created alongside the people of Edinburgh, I hope that the website will inspire people to be open about their mental wellbeing and feel more confident too.'

Julie Huggan, Online Information Development Worker at Health in Mind said:

'It has been wonderful collaborating with Edinburgh's citizens to create iThrive Edinburgh. By working with professionals and people with lived experience of mental health difficulties, we have co-produced an accessible, easy to use and friendly resource. We hope that iThrive Edinburgh will empower people to take control and make informed choices to improve their mental health and wellbeing.

I can't wait for people to start using it so they can get the information they need, when they need it.'

As part of the launch of iThrive Edinburgh, Health in Mind has launched their 'I thrive by...' campaign, which asks citizens of Edinburgh to share the different ways they look after their mental health.

The campaign seeks to encourage people to talk openly about their mental health and wellbeing in the hope it will inspire others to take positive steps in their recovery. You can share your 'I thrive by' ideas on twitter @Health\_in\_Mind #iThrive

Visit iThrive Edinburgh at: [www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk).

## Ends

### Notes to editor

- Health in Mind strives for people in Scotland to live in a supportive and resilient community where mental health is understood and people lead fulfilling lives. We deliver trauma support and training, counselling and talking therapies and early intervention community-based support. [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) @Health\_in\_Mind
- The Edinburgh Health and Social Care Partnership is responsible for delivering community and bed-based health and social care services for adults in Edinburgh. It is made up of people employed by both the City of Edinburgh Council and NHS Lothian who work in health centres, GP Practices, community hospitals, care homes, nursing homes and communities across the city. Edinburgh Health and Social Care Partnership staff provide care and support for people with mental health problems, long term physical conditions, as well as substance misuse problems. The Edinburgh Health and Social Care Partnership also work with many charities, third sector and independent organisations to provide support. <https://www.edinburghhsc.scot/> @EdinburghHSCP