

## **Mental health resource celebrates launch during Mental Health Awareness Week.**

Midspace is an online place containing local information about mental health and wellbeing services, events, news and self-help materials for all adults in Midlothian.

The online resource has been redeveloped by Scottish mental health charity Health in Mind in partnership with Midlothian's Health and Social Care Partnership.

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

'An essential part of redeveloping Midspace has been collaborating with people in Midlothian. By working together, we have created a more engaging, easy to use website that has a wide range of resources that can support people living and working across Midlothian.

The pandemic has had a huge impact on our mental health and wellbeing and with our focus this week on raising awareness around mental health it felt like the perfect time to launch this vital resource.

It's so important that people are able to access trusted information and know where to go for support with their wellbeing. Midspace is Midlothian's local one-stop-shop for mental health and wellbeing.'

Alison White, Head of Adult and Social Care, said:

'Midspace is a really valuable online resource for adults in Midlothian. Now that it has been redeveloped, we hope even more residents will take the time to explore the wealth of mental health and wellbeing supports available to them locally.'

**Visit [www.midspace.co.uk](http://www.midspace.co.uk)**

### **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