

Winter wellbeing booklet launches

Scottish mental health and wellbeing charity, Health in Mind, and Midlothian 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.'

Sheena Lowrie Mental Health Development Manager Midlothian Health and Social Care Partnership added: 'We are delighted to partner with Health in Mind to produce this booklet recognising that Christmas and New Year can be a difficult time especially during times of uncertainty. We hope that people find the hints and tips and sources of support useful and enable us all to look after our mental health and wellbeing.'

The guide is available online to download from Midspace, Visit: www.midspace.co.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