

New local mental health resource launches today

3 June 2021

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

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

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

'An essential part of redeveloping Eastspace has been collaborating with people across East Lothian. 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 in East Lothian.

The pandemic has had a huge impact on our mental health and wellbeing. It's so important that people are able to access trusted information and know where to go for support with their wellbeing. Eastspace is East Lothian's local one-stop-shop for mental health and wellbeing.'

Councillor and spokesperson for Health and Social Care, Shamin Akhtar, said:

'We know that the pandemic has had a huge impact on the mental health and wellbeing of people across the County. As we move towards recovery we have to make sure that we provide a variety of supports that are easily available to people when they need it.

I'm delighted that EastSpace had been created for East Lothian to meet this need. It will provide a really valuable online source for mental health and wellbeing information to support people during a really difficult time.'

Visit www.eastspace.org.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 @Health_in_Mind