



## **Festive wellbeing booklet launches**

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

The free booklet, 'Keeping well over the holidays' 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.'

Allister Short, Director of West Lothian Health and Social Care Partnership said:

'Within the Health and Social Care Partnership we understand the challenges that the festive period can bring for individuals across West Lothian. We all have mental health and at times throughout the winter months we need to work that little bit harder to manage it. The West Lothian HSCP work closely with Health in Mind to deliver a range of services across the local authority area and welcome the publication of the booklet today. The booklet should help you self-manage and if needed, access community supports and services to ensure that you can manage your own mental wellbeing and support others to do so also.'

The guide is available online to download and print from Westspace, Visit: [www.westspace.org.uk](http://www.westspace.org.uk)

### **ENDS**

Notes to Editor

For interviews and information, please contact Alana Genge, Communications Manager on: [alana.genge@health-in-mind.org.uk](mailto: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](http://www.health-in-mind.org.uk)