



## **Wellbeing Line launches for young people in Lothians and the Scottish Borders**

Scottish mental health and wellbeing charity Health in Mind is delighted to have been awarded funding from the Wellbeing Fund to provide a one-to-one mental health and wellbeing service for young people aged 16 to 25 based in the Lothians and the Scottish Borders.

Young people can call Health in Mind's Wellbeing Line and speak to someone about the impact Covid-19 has had on their lives. It's a Freephone number 0808 801 0614 and it is open 2pm to 6pm Mondays, Thursdays and Fridays and 11am to 3pm at the weekend.

As a result of the impact of COVID-19, young people aged 16 to 25 are a particularly at-risk group with new mental health support needs. The significance of how we support them during this period will be long lasting for their future wellbeing and resilience.

According to recent evidence, more than 80% of young people with a history of mental health difficulties have reported their conditions have worsened and a number have seen their existing peer support groups and face-to-face support stop.

Martin Oxley, Health in Mind's Depute Chief Executive, said:

'We are very pleased to receive the funding to support this important work. COVID-19 and the present restrictions on day to day life are directly responsible for new and changing needs, leaving young people with increased support requirements around coping with change, loss, isolation, structure of days, having a purpose, and long term vision. We look forward to supporting people and enabling them to make a positive difference in their lives'.

### **Ends**

#### Notes to editor

- The Wellbeing Line runs until 31 July 2020
- 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