

Health Promotion Service

Mental Health and Wellbeing

April 2018 - March 2020

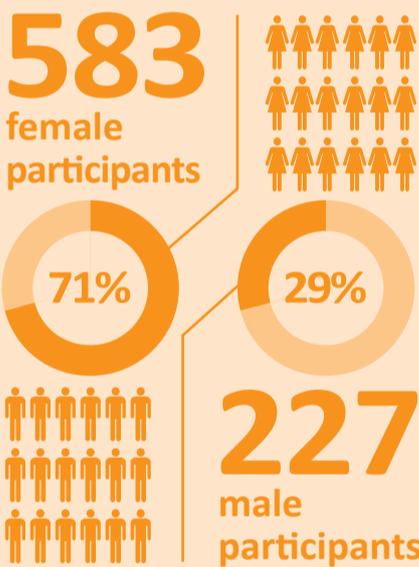


Why is this important?

Good mental health and wellbeing is essential for living a healthy life and achieving and improving outcomes for individuals, families and communities. The Health Promotion Service promotes early and targeted interventions and delivers programmes to improve mental health and wellbeing outcomes; with a specific focus on people experiencing inequalities and those living in areas of deprivation.

What have we achieved?

Scotland's Mental Health First Aid



Follow-up evaluation quote:

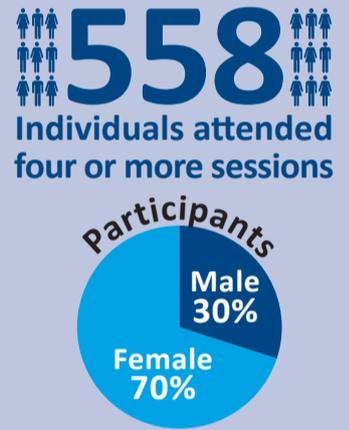
I have found myself having to use SMHFA on a number of occasions since completing the training including four times within a few days, concerning different individuals. I was able to approach the situations confidently and offer effective signposting.

Mentally Healthy Workplace Training for Managers

A training course for managers which improves confidence around mental health in the workplace and plays a crucial role in supporting the health and wellbeing of employees.



Stress Control



Digital Bookshelf

The digital bookshelf launched in December 2018 and provides free downloadable information on a wide range of issues that affect mental health and wellbeing.



Total of **11,234** hits to the digital bookshelf.

From the **22** self help guides available the **Top 5** hits are:

- Anxiety
- Depression
- Sleep
- Stress
- Controlling anger

Suicide Prevention

Awareness raising Facebook campaign with **4 posts** during the month of June 2019.

Total Engagements
2,351



What's next?

- Mental health improvement and suicide prevention continuing to support workforce development.
- Review of Stress Control and launch of Step on Stress, three week programme.
- Continue to target activity where need is greatest e.g. areas of deprivation, men and those working with children and young people.