

National Breathing Space Day could be good for your health




National Breathing Space Day on Sunday aims to promote the link between mental health and having good relationships with friends and family. The message is to 'stay connected'.

The annual awareness day is promoted by Breathing Space, Scotland's mental health phonenumber, and is supported by Minister for Sport, Health Improvement and Mental Health, Jamie Hepburn MSP and a number of national organisations.

Tony McLaren, Breathing Space National Coordinator, explained:

"Social connections can improve feelings of self-worth, happiness and self-confidence. Relationships and friendships can have a huge positive impact on a person's sense of wellbeing. Go for that coffee, phone that relative you've been meaning to catch up with – talking things through and making that connection can help relieve worries and stresses in your life. Even doing something like volunteering in your local area can improve your sense of connectedness."

 The campaign is being promoted with a touring van featuring prominent messaging supporting the 'stay connected' theme. The week-long tour kicks off at Aberdeen International Airport and will tour Aberdeen, followed by visits to venues across Aberdeenshire and Moray, ending in Elgin on Sunday 1 February 2015 but the message is directed at people across Scotland.

Minister for Sport, Health Improvement and Mental Health, Jamie Hepburn MSP, said:

"Looking after our mental health and wellbeing is crucial. Making space and time for the people that make us happy is one

of the best ways of looking after our own mental wellbeing.

“The Breathing Space telephone advice line provides an invaluable service for people experiencing low mood, depression and anxiety. It can make such a difference to know that there’s someone there who is willing to listen and offer a sympathetic ear. I’d like to thank the Breathing Space call handlers for the tremendous work they do on a daily basis.”

Coffee mornings, conversations cafes, walks, yoga sessions, football tournaments and relaxation classes are just some of the activities taking place for Breathing Space Day.

Breathing Space is a national organisation with an office in South Queensferry. It was launched in 2002 to address serious concerns about the mental wellbeing of people across Scotland. It is funded by the Scottish Government’s Mental Health Unit. The helpline number is 0800 83 85 87 and all calls are confidential.

Neil Murray, Choose Life Coordinator for Aberdeen City and Aberdeenshire said:

“We are delighted to support the launch of Breathing Space Day in the northeast. It is really important people are aware of the help available through organisations such as Breathing Space and Samaritans. Local events are being supported by Aberdeen City and Aberdeenshire Council, together with Moray Council and other organisations such as Silver City Surfers, Voluntary Service Aberdeen (VSA) and NHS Grampian’s healthpoint.”