

iThrive – a new mental health resource launches for Edinburgh

An online space with information about mental health and wellbeing services, events, news and self help materials will be launched today.

iThrive Edinburgh has been created by Scottish mental health and wellbeing charity Health in Mind, in partnership with Edinburgh's Health and Social Care Partnership. All of this is part of Thrive Edinburgh which is a new strategy for improving mental health and wellbeing of everyone in Edinburgh.

Dr Linda Irvine Fitzpatrick, Strategic Programme Manager at Edinburgh Health and Social Care Partnership said: "Mental health is important at every stage of life, and to all sectors of society. It affects how people think, feel, act and make decisions. And it's why the Edinburgh Health and Social Care Partnership continues to focus on supporting the people of Edinburgh with accessible resources that can help them take control of their mental health and stay well. iThrive Edinburgh brings together a range of useful information and, as it has been co-created alongside the people of Edinburgh, I hope that the website will inspire people to be open about their mental wellbeing and feel more confident too."

Julie Huggan, Online Information Development Worker at Health in Mind said: "It has been wonderful collaborating with Edinburgh's citizens to create iThrive Edinburgh. By working

with professionals and people with lived experience of mental health difficulties, we have co-produced an accessible, easy to use and friendly resource. We hope that iThrive Edinburgh will empower people to take control and make informed choices to improve their mental health and wellbeing.

“I can’t wait for people to start using it so they can get the information they need, when they need it.”

As part of the launch of iThrive Edinburgh, Health in Mind has launched their ‘I thrive by...’ campaign, which asks people living in Edinburgh to share the different ways they look after their mental health.

The campaign seeks to encourage people to talk openly about their mental health and wellbeing in the hope it will inspire others to take positive steps in their recovery. You can share your ‘I thrive by’ ideas on [Twitter](#)

www.ithriveedinburgh.org.uk