HEALTHY MINDS

A GUIDE TO PROTECTING AND PROMOTING GOOD ADULT MENTAL HEALTH

Respond Better to Distress Promote
Wellbeing
for People
with Long Term
Conditions

Promote
Wellbeing and
Resilience
with People &
Communities

NHSGreater Glasgow and Clyde

Promote
Wellbeing and
Resilience
through work

Tackle
Underlying
Determinants
and Promote
Equality

Promote
Positive
Attitudes, Challenge
Stigma and
Discrimination