

Mental Health Improvement Team

Mental Health Week 11-17 May 2026



Action : for yourself, for someone else, for all of us

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This year's Mental Health Week theme is **"Action: for yourself, for someone else, for all of us.** Whilst it is important to raise awareness, real change comes when we take action too. There are different levels in which we can take action :



Individually

Finding at least one positive action that supports our mental health.

For someone else

The environment we live can impact our mental health. There are resources we can use to help build mentally healthy communities, workplaces and schools.

For all of us

Campaigning and influencing those in power to take action and ensure good mental health for everyone in Scotland.

Resources For Yourself

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The Mix. Essential support for under 25's, a guide to self-care, including why self-care is important and how to start practicing it.



Self-care for young people.

Suggests practical ways to look after your mental health, allowing you to choose what works best for you.



Mind to Mind. Find out how you can improve your mental wellbeing by hearing what others have found helpful.



50 Best Self-Care Ideas for Mental and Physical Wellbeing. Learn easy ways to take care of yourself, destress, and have less anxiety.



NHS Inform. Mental wellbeing. Advice on dealing with low mood, anxiety, phobias, stress and where you can get help.



Resources For Someone else

click on images to download information

Resources for Early Years, Schools and Youth Providers. Shares a range of suggested resources that can be used in early years, schools, and by youth providers.



Child and Youth Mental Health Supports. A resource directory of mental health apps, helplines, and websites.



Adult Mental Health Supports. A resource directory of mental health apps, helplines and websites.



How to support mental health at work. A guide on how to support both your own mental health and your colleagues' at work.



Healthy Working Lives. Supporting a mentally healthy workplace. As an employer of any size it's vital for you to support your workers' mental health and wellbeing.



How to support mental wellbeing. Helpful tips for community groups to support the mental wellbeing of residents.



See Me in Work. Supports employers and individuals to tackle mental health stigma and discrimination in the workplace.



Resources For All of Us

Psychological Support. Information and resources on TURAS covering 'Taking Care of Myself', 'Taking Care of Other People', and 'Taking Care of Your Staff'. Anyone with an email can register with TURAS to access.



National Wellbeing Hub. Supports the wellbeing of everyone working in Health and Social Care in Scotland. Includes information on looking after yourself and your colleagues.



Mental Health and Money. Information on mental health and money worries including Cost of Living Portal.



Helplines

Breathing Space. For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



Childline. Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit www.childline.org.uk



NHS 24. Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.



Samaritans. Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.



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