

The Power and Importance of Community

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This year's Mental Health Week theme is “**The Power and Importance of Community**”. Communities come in different shapes and sizes, for example they can be placed based, online/virtual, religious and those with shared interests or activities to name a few. Regardless of what community or communities you are part of, being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone.



The mental health benefits of being part of a community



- Access to Resources and Opportunities
- Increased Happiness and Satisfaction
- Sense of belonging
- Stronger Social Networks
- Reduced Isolation
- Support in hard times
- Identity
- Safety
- A sense of purpose
- Reduced Stress

Resources

click on images to download information

Inspiring Scotland's Perinatal and Infant Mental Health Third Sector Service Directory. Helps new and expectant parents and their families find charities and organisations who offer Perinatal and Infant Mental Health support.



The Mix Community is a safe space for those under 25 to reach out anonymously and get support online from other young people going through similar experiences.



LGBT Health and Wellbeing work to improve the physical, social, and mental health and wellbeing of LGBTQ+ adults (16+) through responsive support services and a social programme for their community to connect with each other.



Age Scotland Friendship Service Sometimes you just need a friendly chat. The friendship service advisers provide a listening ear on the end of the phone and can also connect you with groups and services in your local area.



Mind to Mind is the place to find real peoples' experiences of dealing with common emotional problems. If you're feeling anxious, stressed, low, having problems sleeping, or dealing with grief or loneliness – you aren't alone.



Five Steps to Wellbeing. Evidence suggests there are five steps we can all take to improve our mental wellbeing, one being social connections. If you give them a try, you may feel happier, more positive and able to get the most from life.



Health Issues in the Community is a course that helps people understand what affects their health and the health of their communities. It supports people of all ages (youth pack available) to develop the skills and knowledge to address health issues using community development approaches.



Helplines

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



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.



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



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.



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