

Mental Health Improvement Team

World Mental Health Day, 10th October 2026



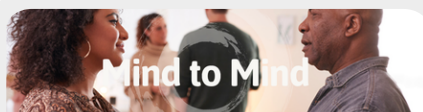
Lived Experiences Heard

This year's World Mental Health Day theme is “**Lived experiences heard: real voices, real change**”.

The theme highlights the importance of meaningfully listening to a diverse group of people with experience of mental health challenges and ensuring their voices help shape services, policies, communities, and support.

As a result, support can become more person-centred, rights-based, and responsive to people's needs and concerns.

Hear from People with Lived Experience



Mind to Mind

Real life stories and practical tips from people who have experienced anxiety, stress, grief, and other challenges.



Surviving Suicidal Thoughts

Videos from people who have experienced suicidal thoughts and found a way forward.



Young Minds

A collection of stories by and for young people who have experienced mental health challenges.



Maternal Mental Health Alliance

Parent Stories

Parent stories and lived experience resources from the Maternal Mental Health Alliance.



See Me Scotland

Stories from people who have experienced mental health stigma and discrimination.

Reflective Activity



- What opportunities do we create for meaningful participation?
- Whose voices are informing the work we do?
- Are there groups whose experiences we're not hearing?
- How do we know that people's experiences have influenced actions and decisions?



Lived Experience Hub

Practical guidance and resources from the ALLIANCE on meaningful engagement with lived experience.



Seldom Heard Communities

Toolkit from the ALLIANCE setting foundations for engaging with seldom heard communities.



Back to Basics

Vox Scotland explores how to build authentic partnerships with people who have lived experience of mental health problems.



Co-production Network

Resources and information on co-production policy and practice across Scotland.



Suicide Prevention

Resource on involving people with lived & living experience in suicide prevention planning/ implementation.



Children & Young People

A guide from the Scottish Government on how to involve children and young people in decision-making.

Support for Mental Health and Wellbeing

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 116 123 any time, day or night, no matter what you're going through.

NHS 24 Mental Health Hub - Phone 111 if you are feeling distressed, ask for the Mental Health Hub. Available 24/7.

SHOUT - A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to 85258.

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

Self-harm Network Scotland - Online portal providing information and support for people who are living with self-harm aged 12+.