

World Mental Health Day



Mental Health is a Universal Human Right 10 October 2023

World Mental Health Day (10 October) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

This year's theme is Mental Health is a Universal Human Right. That's why [Mental Health Foundation](#) are dedicated to addressing the inequalities in mental health and working towards good mental health for all, not just for some.

World Mental Health Day gives us a chance to talk about mental health in general, how we need to look after it and how important it is to talk about things and get help if you are struggling.

In celebration of World Mental Health Day, the Mental Health Foundation has helped thousands of people to speak up about mental health through Tea and Talk events across the UK.

Supports

Mind

Sometimes finding the words to say how we feel is tough. You can feel like you're talking another language that no one else understands, but organisations such as [Mind](#) do and that's why they are supporting change in the way we think and speak about mental health problems. Mind also has an online community [Side by Side](#) where you can have a safe place to chat and get support.

Alternatively you can contact their Infoline by calling 0300 123 3393, texting 86463, emailing info@mind.org.uk or visiting their [webpages](#)

Employee Assistance Programme (Help EAP)

Help EAP provide council staff with a confidential freephone helpline, manned by trained professionals. This service is available 24/7 and can be accessed by dialling **0800 028 5148**. All calls are confidential and can help staff dealing with suicidal thoughts or affected by suicide.

Four Pillars of Wellbeing

The Council's intranet Four Pillars of Wellbeing has a wealth of information on mental health and mental health supports available internally, in the local community and nationally. They also list the number of healthy working lives campaigns aimed at raising awareness and build a healthier workforce. To access this information, click [here](#) which will take you to another webpage.

ELearning

For more detailed information on how to support good mental health through modules such as mindfulness, stressless and mentally healthy workplace for employees, visit our eLearning platform [Mylearning](#)

Videos/Podcasts

Optima Health our OH provider has provided a short podcast on [five tips to help improve your listening skills](#). This podcast identifies ways to help improve your listening skills, taking examples from the practice of 'active listening'. Becoming a better listener can help to support others to open up about how they feel. It's also a great skill to help improve your relationships with family, friends and colleagues.

Mental Health Foundation also run a number of regular podcasts featuring interview with a number of people involved in mental health, including those who have experienced mental health problems. You can watch the most recent and historical podcasts by visiting their podcast webpage <https://www.mentalhealth.org.uk/explore-mental-health/podcasts>

Local Groups

Here is a list of some of the organisations around the Lothians that you can access for some mental health supports:

- **Behind Your Mind** – registered charity focussed on supporting individuals and families struggling with their mental wellbeing. Call 07843 429401 or connect through website [Behind Your Mind](#)
- **Mental Health Advocacy Project**- provides professional advocacy services for anyone who has or has had a mental health and/or addiction problems who lives in or is receiving treatment in West Lothian. Call 01506 852954, email admin@mhap.org.uk or visit their website [MHAPWL](#)
- **SMILE Counselling** – available for 11-24 years olds in West Lothian, [SMILE Counselling](#) provides a range of counselling services including face to face sessions , one to one phone calls, emails and online chat.
- **[West Lothian Community Hubs](#)** – an NHS service with a skilled team of therapists to support people of West Lothian with common mental health difficulties such as anxiety, depression, low confidence and stress. Access is for West Lothian residents registered with local GP's who will refer.
- **Able Futures** – delivering one to one service on behalf of [Access to Work Mental Health Support Services](#). Gives employees opportunity to talk with mental health professionals about mental health issues and help make plans to improve mental health. Call 0800 321 3137 or visit [Able Futures](#) webpage