Keeping everyone updated.

No matter where in Highland you live or work, whether you organise/lead/attend a service, activity, or training, please allow us to help you share information about. We will share it through this newsletter and/or the Highland Mental Health and Wellbeing Website. The website is a directory of services and training opportunities for people living/working/volunteering across the whole of, or in individual areas of the Highlands.

Complete this short form with details and include a contact email or phone number, should we need more information.

1. Name of activity/service/training

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2. If it is a one-off event, please give us dates

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3. A brief description, 3 or 4 lines

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4. Who can access it? Who is it for?

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5. What geographical area does it cover?

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6. How do people access it? Eg. Is it referral only, via their GP or CPN, self-referral etc

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7. Is there a cost involved? Please give details.

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8. Contact Details (please include name, phone number, email, website (if you have one), social media channels and links

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9. Any other information eg. flyer, poster, logo can be emailed to us at [nhsh.mentalhealthtraining@nhs.scot](mailto:nhsh.mentalhealthtraining@nhs.scot)

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Thankyou 😊