

Take Some Breathing Space

MENTAL HEALTH AWARENESS WEEK 12TH - 18TH MAY 2025

"Helpful to understand what is there in Breathing Space, straight from the horse's mouth!"

Previous attendee

"That's been so helpful to get an overview of the service and allows us to feel so confident to recommend it and to support it".

Previous attendee

AN OPPORTUNITY FOR US ALL TO
BE REMINDED OF, AND
CELEBRATE THE
POWER OF COMMUNITY



We are a community of supporters/sign posters/helpers

Highland has a powerful community of people and organisations committed to supporting people's mental wellbeing.

As a 'community of practice' this session is an opportunity to learn together about the range of mental health services available through NHS 24 and know how to access and signpost to the most appropriate aspect of the service in time of need.

When and where

Tuesday 13th May 2025
Lunchtime 1-2pm

Online via MS Teams

The session will be led by Lisa-Jane Dock of Breathing Space. Lisa-Jane is also a partner in the Highland Suicide Prevention Steering Group

Aim of the session

To increase the knowledge and understanding of Breathing Space, Scotland's phone line and webchat service across Scotland.

Overview

- To **introduce the suite of mental health services provided by NHS 24**, ranging from digital support to urgent care.
- To **increase knowledge and understanding** of Breathing Space and to **reduce barriers** to seeking help.
- To **build confidence and capacity to signpost effectively** and appropriately to Breathing Space.
- To **promote the partnership** and engagement activity happening across Scotland, including, the 'Take some Breathing Space' bench initiative.
- To raise awareness of Breathing Space Day, along with the theme, **'You Matter, We Care'** for better mental health in Scotland.
- To share Breathing Space 20 communications and marketing material e.g., BS 20 toolkit

NUMBERS ARE NOT LIMITED, BUT PLEASE REGISTER [USING THIS LINK](#)