

About Health Promotion

Are you looking for advice or help
about your own health?

Are you looking to help improve the
health of others?

Your Health Promotion Department has a key
role in:

- promoting health in the Western Isles by working with organisations, groups and individuals
- improving health by tackling issues such as poverty, unemployment, poor diet and alcohol and drug misuse
- working with communities and a range of individuals in order to give them the skills and confidence to tackle health issues
- raising awareness and improving the general knowledge of health issues through campaigns, events and training

If you are interested in finding out
more about health promotion and
our wide range of services, please
contact your nearest Health
Promotion office overleaf.

Health Information & Resources Service

Health Information & Resources Service (HIRS) is a free service available to anyone working and/or living within the Outer Hebrides. HIRS offers advice and information on:

- practical ways to improve your health
- how to access NHS services
- support groups and organisations.

Contraceptive supplies and leaflets are also available.

Loan Service

HIRS offers a free loan service which includes books, teaching aids, display models, anatomical charts, older people project boxes and childminding project boxes. HIRS also provides display boards and audio-visual equipment for conference/event hire.

To contact HIRS tel. 01851 762017 or
email: wi.hirs@nhs.scot
Web: www.wihb.scot.nhs.uk
Facebook: HIRS Western Isles

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Health Promotion Department



Enabling and empowering people, groups
and communities to make informed choices
about their lifestyle

Health Promotion Department

Exercise

Take small steps and stride into the future.



Diet

Everything in moderation - and a little of what you fancy!



Alcohol

Know your units and make positive choices about your drinking.



Smoking

Quitting smoking benefits you and others around you.



Mental Health

Listen up - it's good to talk. Let's remove the stigma.



Community

Get involved and be a part of it.



Drugs

Know the score - know the facts.



Sexual Health

It's not just about young people.



Workplace

Work to live, not live to work.



CONTACT US:

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www.wihb.scot.nhs.uk/our-services/health-promotion-health-improvement-service/