

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 a free loan service which includes leaflets, display models and display boards.

Contraceptive supplies, pregnancy tests, Healthy Start vitamins for pregnancy and child vitamins drops are also available.

To contact HIRS:

Tel. 01851 762030 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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Health Promotion Department

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



Exercise

Take small steps
and stride into
the future.



Alcohol

Know your
units and make
positive choices
about your
drinking.



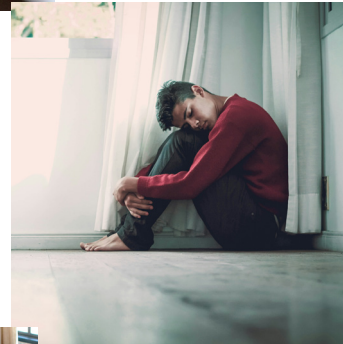
Diet

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



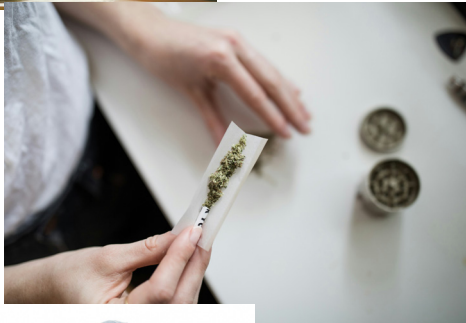
Mental Health

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



Drugs

Know the
score -
know the
facts.



Workplace and Community

Work to live,
not live to work.
Get involved
in the community
and be a part of it.



Sexual Health

It's not
just about
young
people.



Smoking

Quitting smoking
benefits you
and others
around you.



Health Promotion

CONTACT US

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