

New Mental Health and Wellbeing Website for Western Isles

NHS Western Isles is excited to launch a new Mental Health and Wellbeing website, which marks Mental Health Awareness Week (12th - 18th May 2025).

Developed for people living and working in the Western Isles, the website can be accessed at www.mentalwellbeing.wihb.scot.nhs.uk. Alternatively, the site can be found on the NHS Western Isles homepage at www.wihb.scot.nhs.uk, under Mental Wellbeing.

The site is designed to support anyone experiencing mild to moderate mental health challenges. It offers a wide range of helpful resources, including self-help guides, access to online programmes, links to local and national organisations, and a variety of other useful tools. However, for those who feel they need extra support, we encourage contacting your GP.

Early feedback from stakeholders has been very positive, some examples include:

“Site looks great, very easy to navigate.”

“I am looking forward to seeing how the public interacts with this.”

“I’ll find the directory very useful in practice – so nice to have some up-to-date information and contact details.”

Alison MacDonald, Senior Health Improvement Officer, NHS Western Isles, said: “We recognise that anyone can experience mental health challenges at any point in their life. It can be a difficult time, so we want people to know there are tools available to support them.

“We’ve designed the website to be very user-friendly, making it easy to navigate and access the help you need. The site offers opportunities to explore self-help guides and programmes easily and privately, which may suit many people.”

If any local workplaces, community groups or services would like a tour of the website, please contact Alison by email at alison.macdonald9@nhs.scot or by phoning 01870 602588.

Individuals are encouraged to view the website and share with others who may find it helpful.

Information, tools and resources to help you look after your mental health & wellbeing



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