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www.mentalwellbeing.wihb.scot.nhs.uk

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



URGENT
HELP



MENTAL HEALTH
CONDITIONS



LIFESTYLE
CONDITIONS



SELF-HELP



WELLBEING



RESOURCES



WORKPLACE



USEFUL LOCAL
LINKS



TRAINING

Positive Mental Health & Wellbeing