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Launch of Mind to Mind, Scotland's Mental Wellbeing Website

Within the 2021-22 Programme for Government, Scottish Government committed to 'Launch a new website in spring 2022, offering tips and advice from mental health experts and people with lived experience of mental health issues'. To support this commitment, on 26 May I will be announcing the launch of Mind to Mind, <https://www.nhsinform.scot/mindtomind> Scotland's mental wellbeing website, developed in partnership between the Scottish Government and NHS 24. The website showcases people's own experiences and advice for dealing with a range of mental wellbeing challenges in order to help others. It will also signpost to a variety of other trustworthy and evidence-based resources and information.

The website is for the whole population of Scotland, but will have a particular focus on the needs of people from lower socio-economic groups and minority ethnic communities, where evidence has highlighted that mental wellbeing inequalities are felt disproportionately. It has been designed to be opened primarily through mobile devices, as a significant number of our target audiences use the internet through their phones, thus making it more accessible, and it includes advice from people with lived experience and related professionals via bite-sized videos.

The site will be developed in phases with content and tailored resources for future phases informed by feedback from the public and the third sector after its initial launch.

I would be grateful if you could bring the website launch to the attention of the Health, Social Care and Sport Committee.



Yours sincerely,



KEVIN STEWART

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