

Mental Health News

Website is a winner!

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that you or your organisation is engaged with the work where applicable.

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The East Lancashire *Healthy Minds Website* won 4th place in the Software and Systems Category finals for the prestigious and highly competitive North West NHS Innovation Awards 2009. This result is a fantastic achievement for the team, and reflects the hard work which has gone into creating and maintaining the website.

The website: www.eastlancshealthyminds.nhs.uk is targeted at both professionals and the public and features sections giving self help, advice and useful links on bereavement, debt, anger management, relationships, information on the IAPT service in East Lancashire, and up to date mental health resource directory, all the Healthy Minds self help guides available for download and a downloadable guided relaxation CD.

The Healthy Minds Team sits within Public Health and is dedicated to promoting positive mental health and preventing mental illness across all boroughs of East Lancashire.

For more information please contact:
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