“TAKE SOME BREATHING SPACE”

Free information session brought to you by the NHS Grampian Public Health Workplace Team.

Aim: To increase the knowledge and understanding of Breathing Space, Scotland’s phone line and webchat service across Scotland.

Objectives:

- To introduce the suite of mental health services offered by NHS 24, ranging from digital support to urgent care.
- To increase awareness of the Breathing Space phone line and web chat service and reduce barriers to seeking help.
- To build confidence and capacity to signpost effectively and appropriately to Breathing Space.
- To highlight the national partnerships managed by Breathing Space and the national initiative, ‘Take some Breathing Space’ bench initiative.
- To raise awareness of Breathing Space Day, along with the theme, ‘You Matter, We Care’ for better mental health in Scotland.

Overview of Session:

- Introduction to NHS 24’s Mental Health Services: NHS Inform, 111, Living Life
- Introduction to Breathing Space and overview of service: phone line, webchat
- Website: resources
- Partnership and Engagement work across Scotland
- ‘Take some Breathing Space’ Bench Initiative
- Theme: you matter, we care
- Little Book of Brighter Days

WHEN AND WHERE:

Tuesday 24th November 2026

1.00pm - 2.00pm

Delivered via Microsoft Teams

TO BOOK YOUR SPACE, PLEASE EMAIL:

gram.hwl@nhs.scot