

Mental Health Awareness Week

13th - 17th May 2024



Mental Health Awareness Week 2024

The theme of Mental Health Awareness Week 2024 is 'movement'. Being active is important for mental health and wellbeing.

In Fife we are encouraging people to 'Move for your mood'. This means finding ways you can build movement into your day, and understanding how this benefits your mental health and wellbeing.

Health and Social Care Partnership's Health Promotion Service and Fife Council Active Communities Team will hold 2 drop-in sessions on MS Teams in the run up to Mental Health Awareness Week. Please join one of these sessions to find out more about this years theme and the resources and support available to promote the campaign in Fife. Click on the link to join the session - no booking is required.

Thursday 18th April - [teams link](#)
12.30 - 1.30pm

Tuesday 30th April - [teams link](#)
12.30 - 1.30pm

To mark the campaign we are running 2 workshops on 'Move for your mood'.

These workshops will:

- Outline the benefits of activity for mental health
- Explore ways of bringing activity in to our day
- Signpost to resources, opportunities and support in your local area and across Fife

Tuesday 14th May, 10.00-12.00- virtual workshop on MS Teams

Thursday 16th May, 10.00-12.30 - face to face workshop - venue in Dunfermline area to be confirmed

If you are interested in booking a place on one of these sessions please email fife.healthpromotion@nhs.scot

