iThrive Edinburgh is an online space that includes information about mental health and wellbeing services, events, news and self-help materials for Edinburgh citizens. It is part of Thrive Edinburgh, the innovative strategy for improving the mental health and wellbeing of all citizens in Edinburgh.

https://ithriveedinburgh.org.uk/

Alongside this, Health In Mind have launched a new campaign called **'I thrive by…'**. They want to hear what you do to look after your mental health and wellbeing. What makes you feel good, keeps you well and thrive? Learn more about this exciting campaign here – www.ithriveedinburgh.org.uk/stories

If there is a service provider you would like to be listed on iThrive Edinburgh, please go to the providers area to learn how they can be added to the list on the website at www.ithriveedinburgh.org.uk/providers-area-2 or alternatively call Julie Huggan on 0131 225 8508

If you haven't already, please do connect with iThrive on social media and sign up for the monthly newsletter to keep up to date with mental health and wellbeing activities in Edinburgh:

Facebook @ithriveedinburgh
Twitter - @iThriveEdin
Newsletter - Sign up form