daylight

Sleepio

National Wellbeing Hub

Don't be alone this Mental Health Awareness Week

Two of the biggest drags on emotional well-being are things we all experience from time to time: anxiety and poor sleep. Another common concern is loneliness, a feeling which is associated with both feelings of anxiety as well as poor sleep quality. One way to protect yourself from struggles like these is by increasing your connectedness to friends, family, and community.

In honour of Mental Health Awareness Week, here are some more practical mental health tips.

Finding connection in everyday life

A sense of belonging and connectedness can help you feel supported and accepted, which leads to better overall mental and physical health. Stress or anxious feelings can sometimes stem from family and relationships, but on the whole, seeking out and maintaining strong bonds with other people will benefit you in the long run.

If it feels like anxiety is holding you back from making the kinds of connections you want, help is available. **Daylight** is a free, personalised app that offers evidence-based strategies to tackle anxiety.

Good sleep for good mental health.

While sleep may seem like more of a physical issue, the impact it has on our mental well-being is significant. We all have a bad night of sleep from time to time, but sleep problems are linked to feelings of loneliness and other conditions such as anxiety.

Sleepio, a digital programme to help with poor sleep, can guide you step-by-step through addressing not just disruptive sleep habits, but also difficult thoughts and emotions that may be keeping you up at night.

Help for anxiety and insomnia are available to you right now

Even though most of us recognise how important mental health is, it can still be hard to talk about it — or to reach out for help. Fortunately, there are digital solutions that are safe, effective, and available to you at no cost.

Daylight is a science-backed, clinically proven programme built by leading mental health experts that can help you gain control over your worry and anxiety. And Sleepio, an online sleep improvement programme that's based on cognitive and behavioural techniques, and is proven to help people fall asleep faster and stay asleep longer.

Get started with Daylight or Sleepio now.

www.trydaylight.com/healthandcare-scot
www.sleepio.com/healthandcare-scot