**iThrive Edinburgh** ([www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk)) is the online space for mental health and wellbeing information for all Edinburgh’s citizens.

This online space is part of [Thrive Edinburgh](https://www.edinburghthrive.com/) and replaces Edspace. iThrive contains a range of self-help materials, local support and service information, events and news. It also has a dedicated Covid-19 section.

[**Self-help materials**](https://ithriveedinburgh.org.uk/self-help/)The self-help section includes resources, activities and ideas that people can use to manage and look after their mental health and wellbeing. It includes over 70 [wellbeingapps](https://ithriveedinburgh.org.uk/self-help/apps/), a wide range of [helplines](https://ithriveedinburgh.org.uk/self-help/helplines-3/) and [online support](https://ithriveedinburgh.org.uk/self-help/online-resources/), as well as guides and resources on topics such as [sleep](https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/sleep/), [stress](https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/stress/), [anxiety](https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/anxiety/), [students](https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/students-mental-health/) and [grief.](https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/bereavement-and-grief/)

[**Services and support directory**](https://ithriveedinburgh.org.uk/find-a-service/)The service directory contains over 200 services. There is also a **postcode locator** which allows people to quickly and easily find what support is available in their locality. You can also filter the services by area and then the type of support.

[**Covid-19 support**](https://ithriveedinburgh.org.uk/covid-19-support/)This area of iThrive links you with the most reliable sources for Covid-19 local and national updates. It includes sections on anxiety, grief and loneliness related to Covid-19 as well as things to do to keep well during the pandemic.  It also included practical support for during this time related to money, food, digital support, housing and work.

**Accessibility and languages function**
iThrive uses the accessibility software ReciteMe. This feature allows you to translate the content into over a hundred different languages, print pages easily, download information as audio files and much more. This feature can be accessed by clicking the ‘Accessibility & Languages’ button in the top right-hand corner of the website.

**Keep up-to-date**
Keep connected with us on social media and sign up to the monthly newsletter.
Newsletter -[**Sign up form**](https://health-in-mind.us8.list-manage.com/subscribe?u=d172112e97b5f4e7f8f00109f&id=c2ecb2a565)Facebook- **@ithriveedinburgh**Twitter- [**@iThriveEdin**](https://twitter.com/iThriveEdin)

**Be part of the iThrive community**

If you would like to join our online community and be listed on iThrive, please go to our [providers section](https://ithriveedinburgh.org.uk/providers-area-2/). Here you will find information about who we can list and a link to our service form. If you would like any other promotional materials (postcards, posters and business cards) please contact Julie Huggan Julie.huggan@health-in-mind.org.uk or call 0131 225 8508

Best,

**Julie Huggan** *My pronouns are She/Her*

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