

Healthy Active Minds Health Practitioner Briefing Sheet

Background

Healthy Active Minds is a Physical Activity Referral project for adults aged 18 years and over with mild to moderate mental health problems (including low mood, anxiety and depression) and who are currently not physically active.

Mental health problems are common within the general population. At any one time it is estimated that around 1 in 6 of the adult population will have a diagnosable mental health problem.

SIGN guidelines recommend structured exercise as a treatment option for patients with mild to moderate depression.

What Healthy Active Minds offers your patient

This project aims to introduce individuals who are experiencing a variety of mental health problems to regular physical activity, to accompany or act as an alternative to conventional treatment (e.g. medication). The project offers adults (18+ years), referred through a health professional, the following:

- A 1 to 1 consultation and support from specialist project staff to discuss their readiness for change. Project staff will have skills in facilitating lifestyle changes such as behavioural change and motivational interviewing.
- A 12 week physical activity action plan will be agreed with the individuals referred.
- The action plan will include a range of physical activity options based either in a leisure or community setting, such as swimming, walking, yoga, dance, gym, cycling, and gardening/food growing.
- A free Edinburgh Leisure card will entitle the individual to free access to swim, gym and fitness class visits at off peak times*, for a 12 week period in Edinburgh Leisure facilities. Discounted leisure card prices apply at other times and for other Edinburgh Leisure activities.
- Some activities (including gym, swim and walking) will be free however other activities may incur a small fee
- After the initial engagement period there will be a review of the physical activity action plan, monitoring and evaluation will be carried out and future options discussed.

* Off peak membership is valid Mon – Fri until 4pm, all day Saturday and Sunday
Leisure Card prices will apply at peak times (Mon – Fri after 4pm)

Who is eligible?

These sessions will be appropriate for any referred participant meeting the below criteria:

- Patient currently being treated for mild – moderate mental health problems
- Currently inactive
- Medically stable
- Must not put themselves or others at risk by presenting themselves under the influence of alcohol or drugs
- Be able to follow simple instructions by most appropriate method (verbal, visual cues and written)

What happens once the referral has been made?

- GP's will be sent a letter acknowledging the referral
- The participant will be contacted by the Healthy Active Minds Instructor and arrangements will be made for their first consultation
- The participant will receive an Edinburgh Leisure card and their 12 week activity programme will commence
- The referring GP will be sent a copy of the PHQ-9 completed at week 6 & 12

To refer a participant

- Complete Healthy Active Minds referral form
- Send completed referral form to Audrey McKniven, Healthy Active Minds co-ordinator at the address below
- Give A4 'participant briefing sheet' to the participant

If you have any questions regarding the above information or you would like to discuss anything in more detail then please contact the project co-ordinator:

[Audrey McKniven](#)

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Managing leisure and recreation facilities for the City of Edinburgh Council