

ACTIVE COMMUNITIES

HEALTHY ACTIVE MINDS

Supporting the city's health and wellbeing



WHO WE ARE?

Healthy Active Minds supports adults (18+) who are inactive and living with mild to moderate anxiety, depression, stress, or low mood.

WHAT WE DO?

This 12-week programme helps you get active in a way that suits you. You'll receive:

- 1-to-1 support with an instructor (2–3 sessions to set your goals and plan your activities).
- A personalised activity plan, plus 6 months' access to Edinburgh Leisure pools, gyms, and fitness classes (£2 per visit), and 70% off activities like golf, sauna, badminton, and tennis.
- Opportunities to try group sessions such as boxing, racquet sports, pilates, and running.
- Ongoing support to help you stay motivated and on track.

WHY IT HELPS?

Being active isn't just good for your body – it's powerful for your mind. Regular activity can:

- Ease stress, anxiety, and depression
- Boost energy, sleep, and confidence
- Reduce the risk of depression by up to 30% (Chief Medical Officers' Guidelines, 2019)
- Help you connect with others in a supportive environment

WHAT HAPPENS NEXT?

Your referral has been sent to the Healthy Active Minds team. You'll receive a text confirming it's been processed and giving you an estimated waiting time (usually 4–10 weeks). When a space is available, we'll be in touch to arrange your first appointment.



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OUT
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