



**In South Ayrshire, we are currently running a project in the Girvan and South Carrick locality to give residents the tools needed to become a mentally healthy community.**

**The project resulted in the development of an action plan which will be shared with the community in a call to action.**

**The project informed the creation of a "Mentally Healthy Communities" toolkit, a toolkit which will guide community members to create a 'Mentally Healthy Community.'**

**We are now planning a pilot to evaluate the use of the toolkit with community members. The toolkit can then be shared for wider use for communities across Ayrshire.**



**If you would like to receive updates on the project and the development of the toolkit, or to get involved with this project, please contact:**

**[Nicola.Halligan@aapct.scot.nhs.uk](mailto:Nicola.Halligan@aapct.scot.nhs.uk)**