

Living Life To The Full toolkit

This toolkit has been developed by Greater Manchester Integrated Care Partnership. Please use the messages and videos to help promote the online mental health and wellbeing resources of Living Life To The Full, available free to everyone in Greater Manchester: www.gmlifeskills.com

We are particularly keen to promote these resources to **people aged 18 to 35 years old** and to **parents of young children**, as we know their mental wellbeing is being particularly impacted by the cost of living.

1. Aimed at the 18-35 age group

We are encouraging this group to think about their wellbeing more and start living life to the full. Please use suggested copy to accompany the video of Sean, talking about his mental wellbeing

<p>A walk around the block, some yoga in your living room, or even a run in the park can help you get a bit more out of life. For a little more support register to access free resources at www.gmlifeskills.com.</p>	<p>Sean's video Portrait Video - https://vimeo.com/822947638/77cbdda21d?share=copy Landscape Video - https://vimeo.com/821699776/8154b03e4a?share=copy</p>
<p>Finding your favourite way to keep active can help with your mental wellbeing, and let you live life to the full. For a little more support register to access free resources at www.gmlifeskills.com.</p>	<p>Sean's Video Portrait Video - https://vimeo.com/822947638/77cbdda21d?share=copy Landscape Video - https://vimeo.com/821699776/8154b03e4a?share=copy</p>

2. Aimed at parents of under 5's

We are encouraging this audience to think about their wellbeing more and start living life to the full. Please use suggested copy to accompany the animation of Kate talking about mental wellbeing after having a child.

<p>Getting out of the house with your child and meeting up with friends will boost your mood. For a little more support register to access free resources at www.gmlifeskills.com.</p>	<p>Kate's animation Portrait animation - https://vimeo.com/830554001/ba621ab58f?share=copy Landscape animation - https://vimeo.com/830147893/830a99c3ea?share=copy</p>
<p>Being a new parent can be a difficult time of life. To find out how to rebuild your wellbeing after having a child register to access free resources at www.gmlifeskills.com.</p>	<p>Kate's animation Portrait animation - https://vimeo.com/830554001/ba621ab58f?share=copy Landscape animation - https://vimeo.com/830147893/830a99c3ea?share=copy</p>