

# “My mental health has never been better than it is right now”

Debi was referred to Healthy Active Minds after experiencing significant anxiety and a deterioration in her mental health following a stroke which was accompanied by a brain bleed and led to Debi facing organ failure.

However, with the support and understanding of her instructor, Martin, Debi made remarkable progress through Healthy Active Minds and became a regular in the gym. This positive change to Debi's lifestyle also helped her manage her type two diabetes, which led to her losing weight, normalising her blood sugar levels and reducing her medication.

Grateful for the benefits she gained through Healthy Active Minds, Debi decided to give back and now volunteers for us.

She supports the social badminton sessions at Drumbrae Leisure Centre every Monday, where she welcomes new participants and shares her experiences to provide guidance and encouragement.

Debi shared her thoughts on her journey: ***“I know I wouldn't be where I am today if I didn't have the chance to work with Martin, who has been a great support and has helped me with my self-esteem. I am so much happier with myself, have dropped weight and changed my lifestyle to fit my life and goals, and I wish to continue doing that. I hope to use my experience to make a difference in other people's lives through volunteering. My mental health has never been better than it is right and the most significant change for me is that I have been able to reduce the amount of medication I take daily.”***



## “Healthy Active Minds changed my life”

***“Healthy Active Minds totally changed my life. After leaving full time work, because of physical and mental health issues, I spent around 3 years sitting at home, alone and with hardly any communication skills, I became incredibly anxious and suicidal.”***

When Euan first joined Healthy Active Minds, he was very anxious and for the first six months would just come along, play sport for an hour, then immediately leave as in his own words his social skills had ‘all but gone’.

Despite this, Euan continued to attend the session and over time he has become more active, trying his hand at tennis, badminton, pickle ball, cardio tennis, body combat and the gym, and more involved in the group, which he puts down to the supportive environment and the positive influence of his instructor. 2 years on and Euan now plays sport 6 day's a week, and has two voluntary positions, one with Healthy Active Minds and one at Hearts FC.

Euan reflects that without Healthy Active Minds he doesn't know where he would be, ***“My depression and lack of purpose had taken me into a dark place, where I didn't want to be here anymore. Now I'm thriving and enjoying things again and I put that down to the incredible work that Edinburgh Leisure do.”***