

Rural Mental Health Conference

University of the Highlands and Islands



The project

The inaugural biennial conference is a collaboration between the Scottish Rural Health Partnership, University of the Highlands and Islands, and Texas A&M University-Kingsville to **support mental health, wellbeing, and service provision** within **rural communities**.



Outcomes and implications

- There was a mixture of speakers from academia, health services and third sector organisations
- The theme of the conference focused on **tackling isolation** and **fostering connection**
- Launched the Global Collaborative for Rural Mental Health (GRMC) at this conference, for sharing knowledge and insights, as well as international **advocacy** and **awareness** on rural mental health



SDGs

The project supports **SDG3** as it **promotes** mental health and wellbeing and focuses on increasing the **equality of access** to services for rural communities

By increasing the **awareness** of rural mental health issues and aiming to improve **inclusive** service provision, the project is working toward **SDG10**

it is also an example of **SDG17** as the project is a **partnership** that spans national boundaries to tackle rural mental health

