

2002 Breathing Space phonline set up due to serious concerns about the wellbeing of people in Scotland

2003 Breathing Space phonline launched in Feb

2004 Service extended to North and then South Scotland

2004 Service joins NHS 24 and becomes national phone service in November

2005 First National TV advertising campaign

2007 Opening hours are extended to become 24 hours at weekends

2009 Short stories penned for Breathing Space Day published in *The Herald*

2011 'Problems Build' Ad receives commendation at Scottish Creative Awards

2012 Breathing Space support Women's 10K

2013 Over **500,000** calls made to Breathing Space

2014 Breathing Space and Samaritans team up for Mental Health Cycle to raise awareness

2015 Working in partnership with Skidaddle with a series of running events

2017 New campaign promoting kindness for better mental health launched












2002 **2003** **2004** **2005** **2006** **2007** **2008** **2009** **2010** **2011** **2012** **2013** **2014** **2015** **2016** **2017**

2002 Service piloted in Greater Glasgow & Argyll

2003 Breathing Space website launched

2004 Promotion at events such as T in the Park

2005 First ever Breathing Space Day held at Scottish Parliament on 1st Feb - becomes an annual awareness-raising day

2006 100,000th call to Breathing Space answered

2008 COSCA Accreditation

2009 British Sign Language service goes live

2010 BSL service wins national award

2011 Partnership with Motherwell FC

2013 Bus shelter advertising campaign

2014 Breathing Space mark 10 years as a national service

2014 New website launched

2017 Year of Listening campaign launched in Inverness, promoting listening skills for better mental health. Includes taxi campaign in Glasgow and Aberdeen and national competition.











