

# THREE QUARTERS OF ALL MENTAL HEALTH PROBLEMS IN ADULTHOOD BEGIN BEFORE THE AGE OF 25.

Yet thousands of young people struggle to get the help they need.

We all have mental health, but due to stigma and discrimination, mental health is not talked about openly like physical health.

SAMH wants to remove barriers to talking about mental health, so that children, young people, and adults will seek help more easily and at a time when they need it most.

We work with children and young people, their parents or carers, and others around them, including education staff. We work within a number of settings including nurseries, schools, colleges and universities, as well as in the community.

Where mental health problems have developed we want to be able to respond at the right time and before difficulties worsen.

We also want to enable recovery, so children and young people can get on with their lives, and work towards being the best that they can.

We want to give hope to children, young people, and their families and ensure that all our programmes have their views at the centre.

## THE COLLEGE CONNECT PROJECT HAS FOUR MAIN AIMS:

- To support young people, families and school and college staff to develop an understanding of mental health, helping reduce stigma and discrimination, and breaking down barriers to receiving help.
- To increase knowledge and awareness of where to seek help and support within school, college and the wider community.
- To build the knowledge, skills, and confidence in those interacting with young people, enabling them to have mental health conversations, and offer support when it is needed.
- To improve the resilience of young people when dealing with transitions from school to college, so they can be successful in their participation, learning and achievements.



## OUR WORK INCLUDES:

- Information sessions, workshops and group work with students, families and school and college staff around mental health awareness, resilience and supporting mental health problems.
- Issue based and targeted work with young people who are struggling to manage the transition from school to college.
- Mental health and wellbeing events, along with other fun activities for the school, college and the wider community.

# ABOUT COLLEGE CONNECT

College Connect is a pilot project being delivered by SAMH (Scottish Association for Mental Health), supporting successful transitions from secondary school to college. It is funded by the Barcapel Foundation.

The move from school to college can be challenging for young people. Getting to know new people, new places and generally getting around can be stressful. On top of this, new subjects or curriculum can add to the pressure. This can be particularly difficult for young people who are already struggling with low mood, anxiety and other mental health problems.

The College Connect project provides important links to support young people's mental health and wellbeing through these transitions. We work closely with students, families, teachers, lecturers and other staff within school, college and the wider community. Most of all, we are present in both school, college and any time in-between.

SAMH also operates a Connect project, which supports transitions from primary to high school.

## ABOUT SAMH

Around since 1923, SAMH is Scotland's national mental health charity. Today, in over 60 communities we work with adults and young people providing mental health social care support, services in primary care, schools, and further education, among others.

These services together with our national programme work in See Me, respectme, suicide prevention and active living; inform our policy and campaign work to influence positive social change.

## FOR FURTHER INFORMATION PLEASE CONTACT:

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# COLLEGE CONNECT

