

ABOUT GLASGOW CONNECT

Glasgow Connect is a project being delivered by SAMH (Scottish Association for Mental Health), supporting successful transitions from primary to secondary school. It is funded by Morgan Stanley.

The move from primary school to secondary school 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, new 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 Glasgow Connect project provides important links to support young people's mental health and wellbeing through these transitions. We work closely with students, families, teachers and other staff within the school and the wider Springburn Learning Community. Most of all, we are present in the school and any time in between.

SAMH also operates a College Connect project in other areas, which supports transitions from high school to college.



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.

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GLASGOW CONNECT

Springburn Learning Community



THREE CHILDREN IN EVERY CLASSROOM SHALL DEVELOP A MENTAL HEALTH PROBLEM BEFORE THE AGE OF 16 YEARS

Yet thousands of children and 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 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 secondary schools, primary and secondary schools including those within Springburn Learning 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 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 GLASGOW CONNECT PROJECT HAS FOUR MAIN AIMS:

- To support young people, families and school 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 and the wider community.
- To build the knowledge, skills and confidence of 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 primary to secondary school, so they can be successful in their participation, learning and achievements.

OUR WORK INCLUDES:

- Information sessions, workshops and group work with pupils, families and school 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 primary to secondary school.
- Mental health and wellbeing events, along with other fun activities, for the school and the wider community