

We supported 3,645 people

through our recovery focused community services



SPORT AND PHYSICAL ACTIVITY



With a shared belief in the value of physical activity and sport as a means to achieve both physical and mental wellbeing we launched a new collaborative partnership with **scottishathletics** to jointly develop and deliver a sustainable future for **jogscotland**

320

jogscotland leaders took part in mental health awareness training

CAMPAIGNING

In May 2017, we launched 'Going To Be', a campaign about children and young people's mental health



1,814

of you joined the campaign

215,000 VIEWS

of our campaign films on YouTube



23

new media volunteers shared their story

more than **250**

of you took the campaign kit into your local community



20,000

badges distributed as part of Pass-The-Badge; resulting in mental health conversations taking place

Over 2,000

people took part in Walk A Mile events

160

supporters took part in a Walk A Mile event at BT Murrayfield with Sir Chris Hoy leading the way



See Me's Instagram followers reached **3,000** through the **#myunfilteredlife** campaign



89%

of our services maintained or improved Care Inspectorate grades



We launched

6

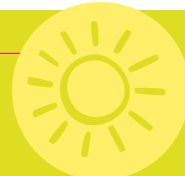
new innovative services

INTO WORK

We supported

338

people into employment



TRAINING

2,139

people have taken part in mental health awareness and suicide prevention training

INFORMATION AND SUPPORT

Your Wellbeing:

6,223

of you completed our online wellbeing assessment tool

INFORMATION:

Our information service helped

3,500 PEOPLE

Our information materials were shared

6,776

times this year.



INFLUENCING:

4,150

people consulted through focus groups, public engagement events and surveys

SAMH ranked **1st**

for the most effective engagement with political parties



respectme delivered anti-bullying training to

494 adults

8,219 copies

of 'Bullying – A guide for parents and carers' were downloaded 8,587 times

SUICIDE PREVENTION



Everyday we work to prevent suicide. Last year dedicated staff supported 106 people to stay safe.