

HOW WE MADE A DIFFERENCE IN 2020-2021



9,141 people were supported through SAMH community services in 2021



5,000 people have received support from the SAMH Information Service in 2021



In 2021, our digital information resources were downloaded **34,096** times



Our dedicated coronavirus mental health information hub was accessed **76,534** times in 2021



Thanks to our partnership with jogscotland, by 2020 **1,000** Jog Leaders received mental health training



Our 2021 Scottish Parliament election campaign influenced promises made by each of the major parties



Our e-learning teacher resource 'We All Have Mental Health' was accessed by **12,510** people



In 2021, we delivered 393 workplace wellbeing sessions engaging **4,350** participants



83% of people trust SAMH, according to recent brand research