

## HOW WE MADE A DIFFERENCE 2019-2020

**We supported 9,000 people** through our community-based services



### PHYSICAL ACTIVITY AND SPORT

We marked Sir Chris Hoy's **tenth anniversary** as our SAMH Ambassador



**97%**

of the grades awarded to our services inspected by the Care Inspectorate were good, very good or excellent

We supported

**235**

people through our Changing Room programme, which uses the power of football to tackle poor mental health

### CAMPAIGNING

We responded to 16 significant UK and Scottish Government consultations



- A policy commitment to phase out non-residential social care charging by the end of the next Scottish Parliament
- Fairer timescales for people to challenge decisions on disability benefit



**940**

professionals, parents and carers took part in training using our anti-bullying resources  
You downloaded

### INFORMATION ON MENTAL HEALTH

We answered

**4,360 calls and emails through our SAMH Information Service**

Over

**30,000**

of you visited our coronavirus web hub

**18,034**

people of you checked your wellbeing with our online assessment tool



We trained

**122 staff and 449 pupils**

in Scottish Mental Health First Aid



Our volunteers gave

**8,481 hours**

of their time to help us tackle stigma and discrimination