

HOW WE MADE A DIFFERENCE IN 2018-2019

Your Wellbeing:

11,387
of you checked
your wellbeing
with our online
assessment tool.

WE CONTINUED TO
DELIVER EXCELLENT
SERVICES

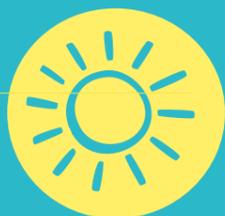
94%

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



INTO WORK

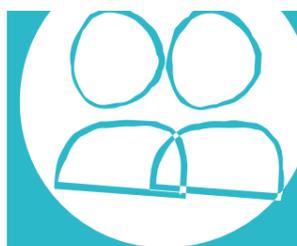
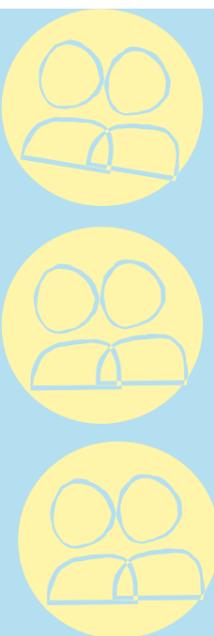
We supported
200
people into employment.



TRAINING

4,293

of you took part
in mental health
awareness and suicide
prevention training.



SUICIDE PREVENTION

**Every day we work to prevent suicide. Last year
dedicated staff supported 217 people to stay safe.**

CAMPAIGNING

We successfully
campaigning for:



- An amendment to the Social Security Act meaning that applications from people with mental health problems will be assessed by suitably qualified people.
- The introduction of counselling in secondary schools – with the Scottish Government making this a commitment in the Programme for Government 2018.
- A target for the reduction of suicide rates in Scotland – with the Scottish Government adopting the target of a 20% reduction by 2022.

See Me
End mental health
discrimination

See Me took the lead role in Scotland to promote the UK Time to Talk campaign, encouraging people to talk about mental health wherever they are.

The campaign reached

10.8
million people

through traditional and
social media platforms.

SPORT AND PHYSICAL ACTIVITY



ALBA: our Active Living Becomes Achievable initiative, funded by the Scottish Government, worked with

265 people to get more physically active, supporting them on a one-to-one basis to improve their mental health.

SUPPORT

We
supported
6,574
people
through our
community services.

INFORMATION:

Our information team answered
3,651
enquiries.

Our leaflets and guides
were accessed over
34,000
times this year.



INFLUENCING:

We responded to

12
significant UK and Scottish
Government consultations



**20 MSPs
and MPs**
visited SAMH services.

respectme
Scotland's Anti-Bullying Service

respectme is Scotland's anti-bullying service.

869
professionals,
parents and carers
participated in
training using
our anti-bullying
resources.

7,426
anti-bullying
leaflets were
downloaded