HOW WE MADE A DIFFERENCE IN 2018–2019

Your Wellbeing:

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

- **SUPPORT**
  - We supported 6,574 people through our community services.

- **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.

- **INFORMATION**
  - Our information team answered 3,651 enquiries. Our leaflets and guides were accessed over 34,000 times this year.

- **TRAINING**
  - We supported 4,293 people into employment.

- **WE CONTINUED TO DELIVER EXCELLENT SERVICES**
  - 94% of grades awarded to our services by the Care Inspectorate were good, very good or excellent.

- **INFLUENCING**
  - We responded to 20 MSPs and MPs who visited SAMH services to learn about our anti-bullying resources.
  - 20 significant UK and Scottish Government consultations were responded to.

- **CAMPAIGNING**
  - We successfully campaigned 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 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.

See Me 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.

SAMH is the Scottish Association for Mental Health. Scottish Charity No. SC08897. SAMH is a company limited by guarantee registered in Scotland No. 82340. Registered Office: Brunswick House, 51 Wilson Street Glasgow G1 1UZ.

Statistics within the Impact Statement relate to the year to 31 March 2019.