

HOW WE MADE A DIFFERENCE IN 2017-2018

Your Wellbeing:

8,761
of you checked
your wellbeing
with our online
assessment tool.

WE CONTINUED TO
DELIVER EXCELLENT
SERVICES

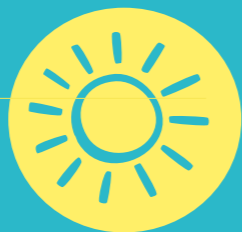
85%

of our services maintained or
improved Care Inspectorate grades.



INTO WORK

We supported
214
people into employment.



TRAINING

3,229

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



SPORT AND PHYSICAL ACTIVITY



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

118 people to get more physically active, supported on a one-to-one basis to improve their mental health.

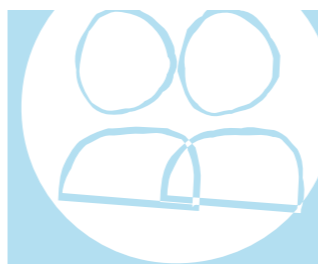
INFORMATION
AND SUPPORT

We
supported
4,825
people
through our
community services.

INFORMATION:

Our information team answered
3,620
enquiries.

Our leaflets and guides
were accessed over
24,000
times this year.



SUICIDE PREVENTION

Every day we work to prevent suicide. Last year dedicated staff supported 118 people to stay safe.

CAMPAIGNING

**GOING
TO BE**

'Going to Be': our award winning campaign on children and young people's mental health was a catalyst for change. The campaign positioned the issue in the national conversation to create positive change for young people in Scotland.

We launched our 14 week multi-media campaign films:



Watched by
555,000 people

Shown

769
times on TV



Viewed

250K
times on



See Me
End mental health
discrimination

See Me launched 'Time to Talk' using the theme 'right place, right time', encouraging people to talk about mental health wherever they are. See Me Champion Volunteers were involved in conversations across Scotland and the campaign reached

over 8 million people

through social media.

800 pupils

(supported by teachers) from across Scotland participated in a Walk a Mile event.

respectme
Scotland's Anti-Bullying Service

1,039 professionals, parents and carers participated in training using our anti-bullying resources.

Respectme worked in partnership with **10** local authorities on anti-bullying policy development.

INFLUENCING:

5,051
of you contributed to our surveys, focus groups and public engagement events.

15 MSPs and MPs
visited SAMH services.

