



for Scotland's mental health



SAMH IN NORTH EAST SCOTLAND

SAMH IN NORTH EAST SCOTLAND

Whether it is through our national campaigns, our policy work or our service delivery, we are active in your parliamentary region. We are also a reliable source of policy and statistical information on mental health.

You can use this resource to find out how we are supporting your constituents and for key mental health statistics for your parliamentary region. If you would like any further information to assist with research or policy, relating to parliamentary or constituency matters

**please contact us at
publicaffairs@samh.org.uk
or on 0141 530 1080.**

Around since 1923, SAMH currently operates over 60 services in communities across Scotland. These services together with our national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change.



MENTAL HEALTH STATISTICS FOR NORTH EAST SCOTLAND

Public Health Scotland provides a range of statistics on mental health. We have compiled some key statistics for North East Scotland and have calculated the annual percentage of people waiting more than 18 weeks for support using Public Health Scotland's quarterly publications¹

% PEOPLE WHO WAITED OVER 18 WEEKS FOR PSYCHOLOGICAL THERAPY IN 2020

NATIONAL AVERAGE
22.8% 

GRAMPIAN
20.8% 

TAYSIDE
32.9% 

% PEOPLE WHO WAITED OVER 18 WEEKS FOR CAMHS SUPPORT/TREATMENT IN 2020

NATIONAL AVERAGE
34.4% 

GRAMPIAN
12.6% 

TAYSIDE
34.5% 

AROUND 770,625 PEOPLE LIVE
IN THE NORTH EAST SCOTLAND
REGION.

It is estimated that 25%³ of the population will experience a mental health problem each year. Furthermore, in 2019 12% of the Scottish population reported having two or more symptoms of depression while 14% reported the same for anxiety.⁴

IN YOUR REGION, THAT
WOULD EQUATE TO:

192,655
PEOPLE WITH A
MENTAL HEALTH
PROBLEM

92,475
PEOPLE WITH
DEPRESSION

107,890
PEOPLE WITH
ANXIETY

These figures are based on rough estimates using national data and do not take into account local characteristics such as deprivation. For more accurate local figures please contact publicaffairs@samh.org.uk

TOTAL
NUMBER OF
SUICIDES IN
2020²

SCOTLAND

805

GRAMPIAN

76

TAYSIDE

78

RATE OF
SUICIDE PER
100,000
POPULATION
2016-2020

SCOTLAND

14.1

GRAMPIAN

12.8

TAYSIDE

17

SAMH IN NORTH EAST SCOTLAND

ABERDEENSHIRE

- 🔊 **My Life Dynamic** – Provides a wide range of solution focused and resilience promoting interventions throughout Aberdeenshire to empower people in their recovery journey. To find out more about the service and what it can offer, individuals can call 0300 1234 667 or visit www.mylifedynamic.org.uk.
- 🔊 **Time for Me** – Responding to local need in Fraserburgh and Inverurie, Time for Me offers a six week resilience and life skills programme supporting young people aged 11-18yrs at the earliest stage with their feelings and emotions, in particular around anxiety, low mood, confidence and anger. Referral is through local high schools and CAMHS.

ABERDEEN

- 🔊 **George Street Supported Accommodation** – Providing supported accommodation for six adults, the service supports people who have significant and complex mental illnesses to achieve personal outcomes, which promote sustainable resilience and independent living skills. Referral is via a Social Work Care Manager to Aberdeen Council Mental Health Resource Panel.
- 🔊 **Link Practitioners** – SAMH has Primary Care Link Practitioners attached to all General Practices across Aberdeen City. Our Link Practitioners work to support people's health and wellbeing by offering non-clinical advice and support. Access is via a GP referral.

NORTH EAST SCOTLAND


- 🔊 **North East Suicide Prevention Leadership Group (NESPLG)** – SAMH coordinates the NESPLG, which brings together suicide prevention expertise from across Aberdeen City, Aberdeenshire, and Moray, with a shared commitment to save lives. The group is responsible for leading on the North East Suicide Prevention Implementation Plan and development of local and national suicide prevention work. This includes providing suicide awareness and intervention training, and equipping people and organisations with the information and skills to help prevent suicide.

DUNDEE:


- 🔊 **Dundee Care at Home** – This supported accommodation provides support to five people with enduring mental health problems and complex needs to regain their independence and improve their self-resilience and self-management skills. Referral is via the Community Mental Health Team or Social Worker.
- 🔊 **Dundee Specialist Mental Health Outreach** – Works with people to gain and strengthen personal resilience and independent living skills within their own home. Referral to the outreach service is by the Community Mental Health Team. To access the Carers service call the Dundee First Contact Team on 01382 434019.
- 🔊 **The Chrysalis Project** – Supports people on their recovery journey by developing self-resilience and employability skills through therapeutic horticulture activities. Individuals can self-refer by contacting the service directly on 07800 820 594



NATIONAL SERVICES

 **The SAMH Information Service** provides information and support on mental health. Whether you're seeking support, are looking for more information for you or someone you love, or just want to have a chat about mental health, we're here.

Talk to the team on 03448000550 or email info@samh.org.uk – we're open 9am – 6pm, Monday to Friday (except Bank Holidays).

 **Time for You** is an online and virtual mental health support service, providing help for frontline workers across Scotland during the pandemic. Time for You offers access to three different levels of mental health support for workers affected by the pandemic, ranging from self-help resources, to access to talking therapies with trainee psychologists. Key workers can register for the service on the SAMH website.

OUR PRIORITIES

Our three key priorities as set out in our Standing Up for Scotland's Mental Health Manifesto are:

CHILDREN & YOUNG PEOPLE

1

Covid led to a 55 percent reduction in referrals to Child and Adolescent Mental Health Services (CAMHS) at a time when children and young people needed more support than ever. Despite this reduction in referrals and the commitments from government, one in five young people continue to be rejected from support, and left with little to no help for their mental health. Children, young people and their families feel like they have to be in crisis, which often means feeling suicidal or self-harming, in order to get help.

SAMH has a vision for children and young people's mental health support that would end rejected referrals, and instead connect children and young people to the help they need as quickly as possible. We want every local authority to develop community-based mental health triage for children and young people, so that they can be quickly assessed by a multi-disciplinary team and be connected to the right support.

2

PSYCHOLOGICAL WELLBEING SUPPORT

It still takes too long and is too difficult to get help for a mental health problem. People have told us that it is very difficult to access psychological wellbeing support through the NHS. For those who do access such support, around one quarter will have to wait over four months before their first appointment. We know that people who wait longer for help are more likely to experience a deterioration in their mental health, so we need to provide support at the earliest opportunity.

Covid has made the struggle to get help even harder for many people, with restrictions placed on movements, the withdrawal of face-to-face support, and the cancellation or postponement of treatment. Mental health support options that are available quickly and locally are needed now more than ever.

At SAMH, we believe that people should be able to access psychological wellbeing support without the need for either a referral or waiting lists.

To achieve this, we need an expanded network of psychological wellbeing services at a local level, which the third and voluntary sector is well-placed to deliver.

3

SUICIDE PREVENTION

Despite the progress made over the last decade, two people still die by suicide every day in Scotland. In 2020, 805 people lost their life to suicide. Although this was a decrease of 3.6% since 2019, this is still higher than the previous five year average. Men are three times more likely to die by suicide than women, however the female suicide rate is at its highest annual total since 2011. Suicide is also strongly linked to poverty, with people living in our most deprived communities over three times more likely to die by suicide. Worryingly, a fifth of deaths by suicide in 2020 were amongst people under the age of 30.

SAMH would like to see an increase in community capacity to prevent suicide by providing nationwide access to support and suicide prevention training.

NOTES

1. These statistics are held Public Health Scotland and are regularly updated. Please visit the Public Health Scotland website for the most recent statistics: <https://beta.isdscotland.org/find-publications-and-data/conditions-and-diseases/mental-health/>
2. Annual changes in suicide figures are based on relatively small numbers so may not be statistically significant. It is conventional to pool rates over a five-year period, and develop rolling averages to account for yearly fluctuations.
3. University of London, [Revisiting the one in four: the prevalence of psychiatric disorder in the population of England 2000-14](#), 2020
4. Scottish Government, [Scottish Health Survey 2019](#), 2020

CONTACT SAMH

You can read about our campaigns and find out more about our work at www.samh.org.uk.

We welcome you to contact the Public Affairs team if you would like any further information about the work we do at SAMH, facts or statistics on mental health, or to arrange a meeting.

Please direct all enquiries to:

publicaffairs@samh.org.uk

0141 530 1080

ABOUT US

Around since 1923, SAMH is Scotland's national mental health charity. Today, in over 60 communities we work with adults and young people providing mental health social care support, services in primary care, schools and further education, among others. These services together with our national programme work in See Me, respectme, suicide prevention and active living; inform our policy and campaigning work to influence positive social change.

Visit **www.samh.org.uk** or follow **@SAMHTweets**, **SAMHmentalhealth** on Facebook and **samhscotland** on Instagram for more information.



for Scotland's mental health

SAMH is the Scottish Association for Mental Health. Scottish Charity No. SC008897
Registered Office: Brunswick House, 51 Wilson Street Glasgow G1 1UZ. SAMH is a company limited by guarantee registered in Scotland No 82340.