



for Scotland's mental health



SAMH IN THE HIGHLANDS AND ISLANDS

SAMH IN THE HIGHLANDS AND ISLANDS

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.**

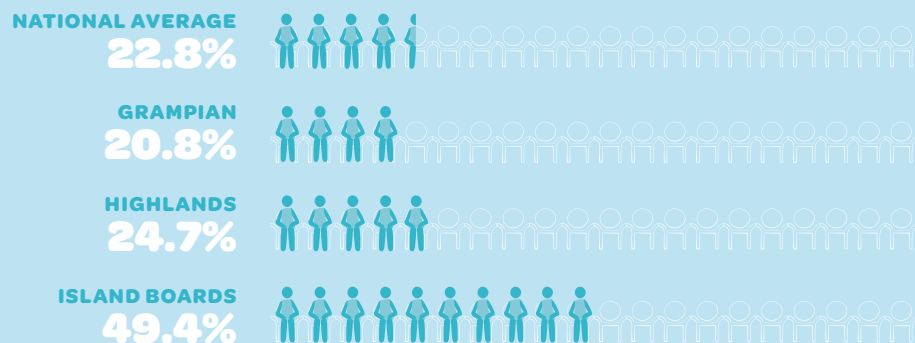
Around since 1923, SAMH currently operates over 60 services in communities across Scotland. These services together with our national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change.



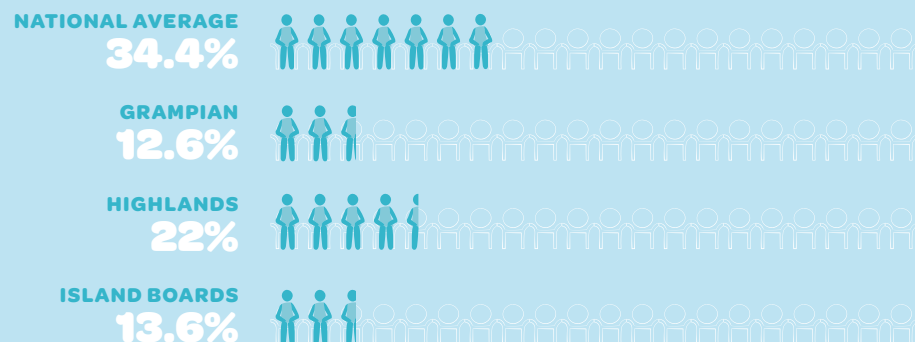
MENTAL HEALTH STATISTICS FOR THE HIGHLANDS AND ISLANDS

Public Health Scotland provides a range of statistics on mental health. We have compiled some key statistics for the Highlands and Islands and have calculated the annual percentage of people waiting more than 18 weeks for support using Public Health Scotland's quarterly publications.¹

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



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



AROUND 448,384 PEOPLE LIVE
IN THE HIGHLANDS AND ISLANDS
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 ABOUT:

112,100
PEOPLE WITH A
MENTAL HEALTH
PROBLEM

53,810
PEOPLE WITH
DEPRESSION

62,770
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
HIGHLANDS
54
ORKNEY
4
SHETLAND
4
WESTERN ISLES
5

RATE OF SUICIDE PER 100,000 POPULATION 2016-2020

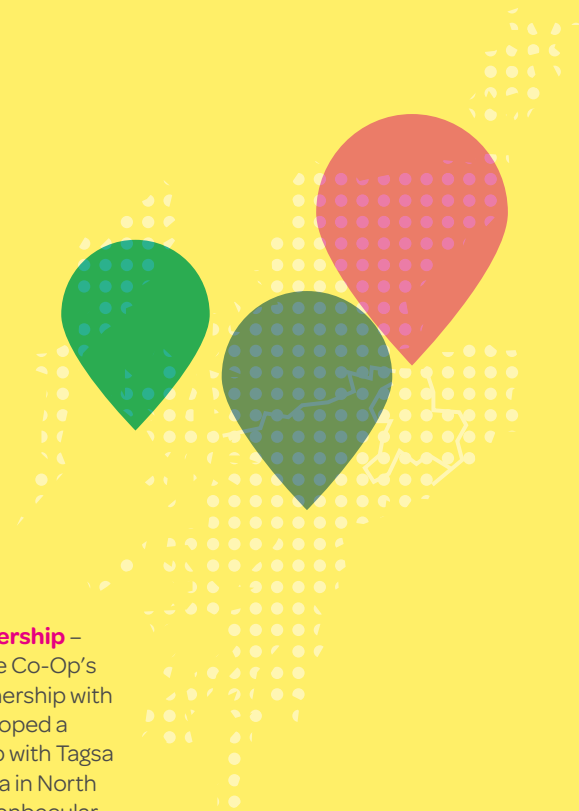
SCOTLAND
14.1
GRAMPIAN
12.8
HIGHLANDS
19.6
ORKNEY
19
SHETLAND
7.8
WESTERN ISLES
17.9

SAMH IN THE HIGHLANDS & ISLANDS


📍 **Moray Mental Health Services** – Working with people throughout Moray to gain and strengthen personal resilience and independent living skills within their own home. Referral is via the Community Mental Health Team.

📍 **Tools for Living** - As part of our service in Moray, we deliver the Tools for Living programme, which was created by SAMH to help people identify and work on personal goals. The programme promotes personal development, resilience and progression, helping people to develop confidence and skills that will enable them to achieve their goals. It is a flexible programme that is delivered on either a one-to-one or group basis, and can be tailored to an individual's needs to address co-morbidity or dual diagnosis.

📍 **Western Isles Partnership** – With funding from the Co-Op's national charity partnership with SAMH, we have developed a service in partnership with Taghsa Uibhist and Penumbra in North and South Uist and Benbecular. This project aims to improve access to support following a bereavement. Emotional support is provided through one-to-one or group activities which are linked to wider wellbeing activities provided by local community groups.



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 03448 000550 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.