

Transforming Lives, Together

How we made a difference in 2022-2023

SAMH turned 100 in 2023. That's 100 years of standing up for Scotland's mental health. Here are some highlights of the difference we made in the last year alone:



5,185

people attended our **children and young people's mental health and wellbeing workshops**, where participants learn to empower young people to support themselves and others



2,490

people received training through our **suicide prevention courses**, including youth suicide prevention, to equip them with the skills to intervene in a crisis



2.4 million

people saw our national **Ask Them About Suicide television campaign**, and almost half a million people who saw the campaign took action as a result



88%

of people saw an improvement in how they were feeling after using our **psychological wellbeing services**



5,000+

queries were answered by our **Information Service**, a team that signposts and provides information to people looking for mental health support for themselves or loved ones



1,000+

sessions of peer support service, **Sam's Café**, were provided across Fife and Inverclyde, 650 of those in the emergency department of Victoria Hospital, Kirkcaldy

SAMH

SAMH is Scottish Action for Mental Health.
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