

**See Me Update**  
Monday 31st October



**Welcome to our latest Update**

Dear All

Thanks for reading our October See Me Update, a month where we welcomed our first ever See Me in Work Partners.

Since first launching the See Me in Work programme last April we have been working hard with organisations across the country to tackle stigma and improve employee mental health.

The See Me in Work programme is engaging with employers and supporting them in making changes to their work practices, to improve the



working lives of employees with mental health problems.

We have news on the first partners in this update.

Along with that we also have news on our first ever Community Champions to become Champion trainers, a round up of World Mental Health Day, Pass the Badge in Fife, and updates on some of our funded projects.

We've also got a look at what is coming up for See Me and some of our partners.

Lisa Cohen  
See Me Programme Manager

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## See Me in Work



We are delighted to have our first four organisations join us as See Me in Work Partners.

HMRC in Aberdeen, Standard Life, equality charity Ceartas and The Royal Society of Edinburgh have all taken the lead in tackling mental health stigma in their workplaces.

They became official partners in work after changing their approach to mental health to help reduce stigma and discrimination.

All four were recognised for the work they have done at an event in Edinburgh this month.

Find out more [here](#).

## Community Champions

Over the last two months we have been training the next group of Community Champions. However this training was extra special, as for the first time the training was run by some of our existing Champions.

We're really proud of both Louise and Jane (pictured with Rebekah and Laetita from See Me), who put on a brilliant few days training for the latest Champions.



Having people with lived experience of mental health conditions using their experience and expertise to train other activists is one of our main aims at See Me and is how we want to grow a movement for change.

We did a little Q&A with Jane and Louise on the training. Read it [here](#).

## World Mental Health Day with See Me and Neil Lennon



World Mental Health Day seemed bigger than ever this year, with so many people speaking and writing about mental health.

While it is vital these conversations carry on for more than just one day, it was great to see so much awareness being raised.

Our media volunteers really led on our output this year, sharing their stories for local and national media across the country.

We were also very excited to release a brand new video we did with Neil Lennon, on his mental health, playing in Old Firm matches with depression and how we all need to know more about mental health.

See the video [here](#).

## Pass the Badge at the Football

To mark World Mental Health Week SAMH put on a 5 aside football tournament with Fife's Health and Social Care Partnership, to raise awareness of stigma and discrimination in mental health.

The event also marked the launch of our Champion Richard's [Pass the Badge](#) campaign in Fife.



50 badges were handed out to players and spectators to take away and pass on messages to challenge stigma.

Ross Reilly from SAMH said: “Raising awareness and understanding of mental health and where people and their families living with a mental health condition can get help and support is so important. The more we talk about how we as society deal with mental health on a personal and on a professional level the better.”

## Age in Mind



One of our funded projects, Age in Mind, has been in the media this month, after carrying out a survey of over 160 people with lived experience of mental health problems, and over 50 organisations which support people with their mental health needs to establish what discrimination Scotland’s older generations have faced, and where work needs to be done.

The project is working to identify and reduce the discrimination faced by people over 50 who have experienced mental health problems.

So far the research has found the older generations experiencing mental health problems experience isolation, in some cases their families have abandoned them or live too far away to make regular visits.

They also report increased discrimination within the health system, with limited mental health services available for people when they are over 65.

Find out more [here](#).

## Coming Up

This time next month we will have launched our children and young people's campaign. The campaign will be the little cousin of the Power of Okay. We want to help young people who aren't feeling good, but aren't sure why, or exactly what they are feeling.

We also want to tackle some of the perceived trivialisation of young people's mental health, so they aren't dismissed by adults when they do go for help.



So far it is all looking and sounding great, and we can't wait to get it all out there.

## Share Your Experiences of Self-directed Support

The ALLIANCE wants to hear about your experiences of Self-directed Support.

Following the Scottish Government's publication of data in June this year about the number of people accessing SDS in Scotland, the ALLIANCE aims to add the voice and views of people accessing, or trying to access, SDS to existing research. We intend to use the (anonymous) experiences you share to help improve the way that SDS is implemented.

We would like to invite anyone who has experience of applying for or who access Self-directed Support to share their stories of managing their support to live independently by following this [link](#).

## We'd love to hear from you

We're really keen to know what you think about the See Me Update. We'd also like to hear about any actions you've taken to tackle stigma and discrimination that you want to share.

Please send all your comments and suggestions for the types of stories you would like us to feature to: [info@seemescotland.org](mailto:info@seemescotland.org) or write to See Me, 51 Wilson Street, Glasgow, G1 1UZ.



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