

🏠 Visit See Me Website

Our Movement for
Change

See Me Update

Thursday 28th September 2017



Hello from Eilidh!

I joined the team earlier this year as a Social Movement Support officer working alongside fellow officer Maeve. I'm looking forward to helping grow a social movement in Scotland and tackling mental health stigma and discrimination.



Earlier this month I attended the launch of the [Scottish Mental Health Arts Festival \(SMHAF\)](#). It was great to meet other mental health representatives see what they have coming up for 2017. The annual festival takes place in venues across Scotland from 10-29 October, aiming to support the arts and challenge preconceived ideas about mental health.

There will be a wide range of cultural events, covering everything from music, film and visual art to theatre, dance, and literature. Make sure to check out their [programme](#).

In this newsletter we have updates on our first health and social care leaders' event, the Global Anti Stigma Alliance conference in Copenhagen, work by our champions and what we've been doing to influence policy and practice.

Outside of work, I'm pretty keen on anything that involves making or eating food – (the more Italian the better) and writing music. So, if you need any advice on where to go for dinner I'm always happy to help!

Thanks for reading,

Eilidh

Our First Health & Social Care Leader's Event

Earlier this month we brought together the leaders of the Scottish health and social care services for the first time to look at how to tackle mental health stigma and discrimination in the sector. Find out what was said [here](#).



Global Anti-Stigma Alliance Conference



After [hosting the conference last year](#) in Glasgow we were delighted to return to [GASA](#) 2017 in Copenhagen. In the next newsletter we will have information on how the event went so watch out for it!

Scottish Mothers Win UK Anti-Stigma Award

Well done to the Maternal Mental Health Scotland Change Agents, who won a UK award for tackling the stigma around perinatal mental health. Read about it [here](#).



Our Champions



It's been another busy month for our champions. Firstly, a big well done to Des, Gary and Donna who took part in [Pedal for Scotland](#) to raise awareness of mental health stigma and discrimination. Bridget also hosted a brilliant [Walk a Mile](#) event this month in Galashiels.

See Me in Health & Social Care – Lived Experience Gathering

On October 19th we will be hosting an informative and participative session for people with lived experience of mental health issues to find out more about See Me's work in health and social care and to give their views. Find out more [here](#).



Places are limited, register your interest by emailing

benjamin.mcelwee@seemescotland.org

Influencing Policy and Practise



Our Policy and Practice Officer Benj has been busy calling for changes in legislation, to improve the lives of people experiencing mental health problems and ensure that stigma is challenged in national policy. Take a look at what he's been up to here.

- [See Me Response: Social Security \(Scotland\) Bill – Call for Evidence](#)
- [See Me Call for Updated NHS Charter of Patient Rights and Responsibilities](#)
- [See Me Call for New Socio-Economic Duty to Take into Account the Experiences of People with Mental Health Issues](#)

Comic Relief Funding Opportunities

Comic Relief wants to help address the barriers stopping young men seeking help for mental health problems. Read more [here](#). Their Local Communities Core Strength funding programme is also now open and can be found [here](#).



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 would like to share.

Please send all your comments and suggestions for the types of stories you would like to feature to: info@seemescotland.org or write to See Me, 51 Wilson Street, Glasgow,

Share this newsletter:



[Visit Website](#) | [Contact Us](#) | [Unsubscribe](#)

© 2014 See Me Charity number SC008897. Brunswick House, 51 Wilson Street, Glasgow G1 1UZ