

We're here for Scotland's mental health



Dear

As you may be aware, SAMH is a major social care provider, with many key workers who are continuing to work as frontline staff in the community.

In recent weeks, the nature of these services has had to change in order to protect our staff, service users and volunteers. **Around 130 SAMH staff are currently working on the front line**, delivering vital face to face support for vulnerable adults across the country. These staff are working in extremely challenging circumstances and going to incredible lengths to ensure our service users remain supported, and we're all so grateful for everything they're doing at this difficult time.

You can find out more by reading our statement on the website.

A couple of weeks ago we contacted you to let you know about our new **coronavirus information hub**, which has lots of useful resources on looking after your mental wellbeing at this time.

We're regularly updating this section of the website, and have added new information recently, including advice on [protecting your mental health while isolated](#), and a series of [quest blogs](#).

Keep an eye on our social media channels to stay updated on the hub. You can follow us on Twitter [@SAMHtweets](#), at [facebook.com/SAMHmentalhealth](#) and on Instagram [@samhscotland](#).

As well as dealing with the immediate impact of coronavirus, it's also crucial that we look at and understand the long-term difference it could make to Scotland's mental wellbeing. That's why we're delighted to be **partnering with the University of Glasgow and the Samaritans on an important new study** which will aim to understand the psychological impact of coronavirus on a representative sample of the UK public.

Ultimately, this insight will help us to ensure that we are able to provide people with the best and most appropriate support we can, now and in the future.

Find out more about this research.

Best wishes,

Chloe and the team at SAMH