

Welcome to our first Let's Connect South Lanarkshire newsletter!

Let's Connect is run by SAMH (Scottish Association for Mental Health) and aims to increase the mental health knowledge of children, young people, and the adults around them, including parents/carers and staff. You can find out more about SAMH on the next page.

This programme has been developed because we want everyone to better understand mental health and wellbeing. Just like physical health we all have mental health, and we need to take care of it.

Connecting with parents and carers

This project has a particular emphasis on working with parents and carers. We know it can be hard getting children to talk about their feelings and our face to face and online workshops aim to help parents and carers build the skills necessary to help their child talk about the things that are important to them.

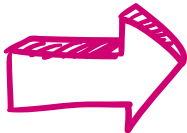
It is important that parents and carers know how to look after their own mental health and wellbeing too. These workshops are useful information sessions, and no one is expected to share personal stories. We will however be giving out lots of useful tips and support links for both children and adults.

We have workshops running all the time so scan these QR codes to find out what workshops are coming up in your area, and get booked in.

"The workshop was really good. I plan to use the distraction for when my son is escalated...I'll probably use the calming techniques for myself as well."

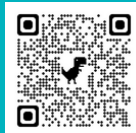
LET'S
CONNECT

Parents
and
carers
scan me!



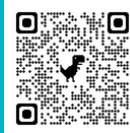
If you are a school or community group there is more information on the next page!

Hamilton



www.eventbrite.com/o/lets-connect-team-hamilton-69443081513

Camglen



www.eventbrite.co.uk/o/samh-lets-connect-team-camglen-67397018633

East Kilbride



www.eventbrite.com/o/samh-lets-connect-team-east-kilbride-69531939193

Clydesdale



www.eventbrite.com/o/samh-lets-connect-team-clydesdale-69441409893



World Mental Health Day Tuesday 10th October

This World Mental Health Day, SAMH is supporting STV's Britain Get Talking campaign which is encouraging children and young people to talk to an adult about what's on their mind.

As a parent or carer it can be hard to connect with your child about how they are feeling, but there are things that they can do to make the conversation easier. Parents and carers can learn much more about mental health conversations by coming along to our fantastic free workshop that has been especially developed for parents and carers - Listening to and supporting my child.

Children and young people want the support of adults but sometimes they also want to talk to a peer.

That's why we are running our Peer Supporters programme in selected schools across South Lanarkshire. We're very excited as new Peer Supporters in Calderglen High School were selected to be filmed talking about their new role. As part of the Britain Get Talking campaign, this film will be aired during the Tonight show on STV on World Mental Health Day, Tuesday 10th October.

Don't worry if you don't manage to see this film as we'll share more about our Peer Supporters programme in our next newsletter.

You can find out more about the Britain Get Talking campaign by visiting www.samh.org.uk/get-involved/our-campaigns/britain-get-talking

Let's Connect Officers,
Iona and Catherine at Calderglen High
School for the Britain Get Talking filming



More about Let's Connect

We deliver free 90 minute workshops to children, young people, parents/carers and staff. These help us break down the myths about children's mental health, with lots of useful information, including self-care tips for adults too.

Our main workshops are:

- Mental health awareness
- Understanding and managing stress and anxiety
- Managing my wellbeing
- Listening to and supporting my child

We also run a Peer Supporters programme training senior pupils to be listeners and supporters to other young people.

You can also invite us to any events that you have running and we'll set up an information stall, with lots of wellbeing goodies. Get in touch as we'd love to have a chat and get connected.

Our Let's Connect staff each deliver within a South Lanarkshire locality so if you are a school or community group and would like workshops for children, young people, staff or parents/carers then please email us below to find out more, and to book a slot.

- Leanne, Let's Connect Camglen leanne.ross@samh.org.uk
- Heather, Let's Connect Clydesdale/Lanark heather.mccartney@samh.org.uk
- Iona, Let's Connect East Kilbride iona.macwhirter-harley@samh.org.uk
- Catherine, Let's Connect Hamilton catherine.knox@samh.org.uk



About SAMH

SAMH is Scotland's national mental health charity and this year we celebrate our centenary.

SAMH works across Scotland with 70 services, employing 600 staff and supporting around 12,000 individuals each year. SAMH works mostly with adults, providing mental health social care support, addiction and unemployment services among others.

SAMH takes a lead in the United to Prevent Suicide campaign along with Public Health Scotland, and suicide prevention underpins everything that we do.

SAMH also co-manages See Me, Scotland's mental health anti-stigma and discrimination programme, and respect me, Scotland's anti bullying programme.

www.young.scot/get-informed/who-to-contact-for-mental-health-support/ has lots of useful information to support children and young people's emotional wellbeing, and parents/carers may find it helpful too.



Are you an adult with a question about mental health? SAMH can help.

Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help.

Available: 9am to 6pm, Monday to Friday (except bank holidays). Calls charged at local rates, charges from mobile telephones vary considerably.

Tel: 0344 800 0550

Email: info@samh.org.uk

Visit: samh.org.uk/information-service *Our new Live Web Chat will pop up when an advisor is available during the opening hours.

If you need to speak to someone urgently:

www.nhs24.scot - If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111. Tel: 111

www.breathingspace.scot - telephone support to anyone, over the age of 16 years, who is feeling low, anxious or depressed. Tel: 0800 83 85 87 (Freephone 24 hours at weekends, 6pm to 2am on weekdays (Monday - Thursday))

www.samaritans.org - 24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope. Tel: 116 123 Email: jo@samaritans.org