

NEWSLETTER FIVE:

SAMH SCOOP

FROM THE SCOTTISH ASSOCIATION FOR MENTAL HEALTH (SAMH)



"This fortnightly newsletter has been produced by me, Laura Glennie, the College Connect Coordinator from the Scottish Association for Mental Health (SAMH) working for your school or College. Find out more about my role by clicking [here](#).

While in lockdown, I will be sending you updates on lots of things mental health & wellbeing related. If you would like to add to this newsletter, or would like to give some feedback, email me at: Laura.Glennie@samh.org.uk "

SOME NEWS FOR THE FORTNIGHT...

There is now more free mental health support for the education workforce

Education Support are a charity who work to improve the health and wellbeing of those working in Schools, Colleges, Universities and other education centres. As well as lots of research, their free and confidential helpline is available 24/7 to everyone working in education and is available UK wide on 08000 562 561. Read more [here](#).

There are now more ways to Clear Your Head

The Scottish Government's new 'Clear Your Head' campaign highlights the practical things people can do to help them feel better whilst continuing to stay at home, acknowledging these are worrying and uncertain times for many. Read more [here](#).

Back to School: more info released

On the 23rd of June, the Scottish Government has officially announced their ambition for all schools to fully return on the 11th of August. Some people might feel confused or uncertain about this, [here](#) is a helpful explanation page from Young Scot.

The youth create a climate of change

From June 26th regular one-hour episodes uploaded by #YOUTH4CLIMATELIVE will examine how youth are driving climate ambition, focusing on topics like Sustainable Recovery, Nature-Based Solutions, Innovation and Entrepreneurship. There's lots of inspiring info about young people's climate activism [here](#).

There is also plenty of good news from around the world to share:

An ex soldier on a charity walk has [finally left](#) the island of Hildasay, Shetlands, after being stuck there alone with his dog for 3 months, during Lockdown.

There will be plenty opportunities coming up for those who have missed taking part in live events. For example, [drive-in concerts](#) have just been announced across the UK. Who fancies sitting in their Mums car to watch Dizzee Rascal?

Improvements in the environment continue to be tied to Lockdown. Now an international team of scientists is investigating how animals responded to the reduced levels of human activity during the Covid-19 pandemic. Read more [here](#).

LETS TALK ABOUT SOMETHING DIFFICULT

SOME ADVICE ON TALKING ABOUT SUICIDE

Many young people say they often feel lonely and that it's difficult to get the help and support they need.

Around 200 young people die by suicide every year, and research attributes loneliness or not knowing where to turn as part of this.

Some people understandably feel afraid of saying the word 'suicide', especially in front of young folks at school and college. However, this can make the subject more 'taboo' or stigmatised to talk about. Approximately 90 per cent of people who die by suicide have a diagnosed or undiagnosed mental health problem at the time of death, and might actually need to hear this word to understand how serious their thoughts have become. We know that saying this word has no direct link to 'putting ideas in people's heads.'

There is one simple thing all of us can do to help reduce the stigma around suicide. That is, stop using the 'c' word. People don't [commit](#) suicide, (this has not been a crime for years), they die by it, with a devastating impact for those left behind.

So what can you do if someone you know or yourself has thoughts of suicide?

Firstly, it's absolutely okay to not know what to say! You're a human being too and what you're hearing might be terrifying for you, as well as the individual. If you don't know what to say – be honest and tell that person.

Reassure them that you are glad they told you – this can be far more empowering and genuine than making something up. If you're honest with them, they'll be honest with you.

If you feel unable to keep yourself safe, then it's a mental health emergency. Get emergency advice. Mental health emergencies are serious. You're not wasting anyone's time. Call 999 or go straight to A&E. One person who has done this before has shared:

"To this day I am so thankful that I was told to go to A&E. Sometimes you need to hit a low in order to move on from one."

Know that "Suicidal thoughts aren't permanent – things do improve. You can find your motivation to live again."

Call, text and message helplines for immediate advice for yourself or others.

- [Papyrus Helpline](#) is a helpline for children and young people under the age of 35 who are experiencing thoughts of suicide, or for anyone concerned that a young person could be thinking about suicide. They are open Weekdays 9am–10pm, Weekends and Bank Holidays 2pm–10pm: 0800 068 41 41

- [Breathing Space](#) is a free confidential helpline for Mental Wellbeing of people in Scotland. They are open Weekdays 9am–10pm, Weekends and Bank Holidays 2pm–10pm: 0800 83 85 87



- [The Mix](#) is a crisis messenger text service which provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258.

Making a safety plan:

If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it: [the Staying Safe website](#) provides information on how to make a safety plan, including video tutorials and online templates to guide you through the process the [mental health charity Mind](#) [also provides information](#) on planning for a mental health crisis

By listening, staying calm and not making assumptions you are already doing important work in preventing suicide.

You don't need any special training to show someone you care about them. Asking simple, direct questions can encourage them to be honest about how they are feeling. Many people feel relieved and less isolated when they are asked. This may be someone's first step to getting the help they deserve. Remember, these conversations are tricky, and self care is so important. It's Okay Not to be Okay.

COLLEGE CONNECT UPDATE

BY LAURA GLENNIE, COLLEGE CONNECT COORDINATOR.

I am writing to you as I am now on day 103 of my Lockdown Life. Watching Glastonbury highlights on the BBC this weekend, it's hard to believe we ever behaved so differently. One thing has stayed the same: at College Connect we continue to tirelessly support children and young people, schools, colleges and families to navigate their well being during this time.

As well as helping other people, I've had to help myself. I know that to help people best I need to prioritize self care. As I no longer travel for work, to different schools and colleges, I've noticed that the 'scale' of life has changed. Popping into the supermarket - which used to be part of the daily commute - is now a day trip onto itself. Because of this, I have become a converted E-Bike user, which I rent from Glasgow's 'nextbike' scheme. I'm surprised to find so many new parts of my home when I change the scale and speed I explore with.

At College Connect we have been working on the way that we deliver support whilst working from home. I have been making sure to support young people at your schools and colleges through regular 1:1 sessions with concise, goal based wellbeing sessions. I have also been undertaking work to prepare robust training for teachers, Freshers' programmes for College and welcome back talks for school pupils.

I'd like to hear from you and how you think I can help. Read more about my work [here](#) if you're not sure. Whether it's about mental health, or if you are a school pupil who is moving to College from Armadale Academy or St Pauls HS please get in touch by emailing:

Laura.Glennie@samh.org.uk