

NEWSLETTER THREE:

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 Glasgow Clyde 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...

● **Young Scot have launched their new campaign 'Aye Feel'.**

It supports young people's emotional wellbeing with quality-assured information, expert advice, content made for young people by young people, and signposting for emotional support locally and nationally. Information and links to expert support will be shared through their social media channels including via Snapchat, [Instagram](#), [Facebook](#), TikTok and [YouTube](#). Find out more [here](#).

● **The Samaritans have also launched a new [self help app](#)**

Young or old, you can use this to track your mood, create a safety plan and try new coping techniques. This is a web based service, check it out [here](#).

● **The World Health Organisation (WHO) have released helpful considerations for everyone whilst talking about Covid-19, to make sure we are considering peoples mental health when communicating on this topic.**

Click [here](#) to view this really good resource with advice and key messages for people from all walks of life: parents/carers, managers, teachers, young people., people in social isolation, media

The famous crayon brand Crayola have released '[Colours of the World](#)' crayons. the 24-pack of crayons is meant to be representative of over 40 different skin tones. As brands evolve to be more inclusive, so can our doodles!

In this historic week an American Golden Retriever dog named Finley broke a

Guinness World Record for 'most tennis balls held in a dogs mouth at one time'. He held 6 and is a very good boy. [Here's](#) a video of him.

On a more serious note, there is some good news from Northern Ireland in their Covid-19 recovery efforts. There were [no Coronavirus deaths on the 26th of May](#), the first time in 10 weeks!

PET OF THE FORTNIGHT...

Some animal lovers have shared with us during Lockdown their pet has kept them company and cheered them up.

While nobody from our College Connect Community has shared their pet pic this week, I thought it would be a good chance to show you Finley, the record breaking dog mentioned above, who warmed my heart this week!

Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Pet of the Fortnight! Send a pic of your pet to Laura.Glennie@samh.org.uk and tell us a sentence about them!"

Each newsletter will feature one pet voted for anonymously by the SAMH team.

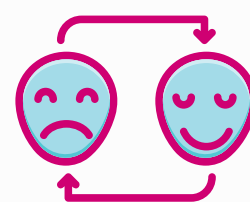


WE'RE GOING THRU CHANGES....

'Changes are around us every day. Good or bad, this will be the case throughout our lives. Whether we face predictable changes like sunshine turning into rain or less predictable change like an event being cancelled or big changes, like a bereavement or a global pandemic - which can lead us into to life changing events.

Everyone copes with changes differently and of course change brings different affects, a different sense of freedom, or new life pressures.

- Consider creating a visual countdown for change.
- Use an 'Emotions Wheel' (found on feelingshwheel.com) if you struggle to identify how you feel
- If you notice yourself 'catastrophising' (that's perceiving a situation as considerably worse than it actually is) it is helpful to gently correct or question it.



OTHER IDEAS:

- Keep a diary, this could be good for the future to remember your strengths, and also how you overcame challenges brought on by change.

- Some changes might be harder to come to terms with, but we learn to live with these challenges by practicing self-care and even seeking [Professional support](#)

- Remember that adapting to change takes time! Just by reading this you are allowing yourself time to prepare and reflect.

SAMH SCOOP LEGENDS....

We have some amazing people in our community. Across Glasgow Clyde College, West Lothian College, West College Scotland, Armadale Academy and St Pauls High Schools we have many committed friends and family members doing their bit during this Lockdown such as making masks, calling friends, and shopping for others.

Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Legend to be featured in the SAMH Scoop newsletter! Send us a sentence about them to Laura.Glennie@samh.org.uk"

Each newsletter will feature a few of our Legends.



COLLEGE CONNECT UPDATE

**BY LAURA GLENNIE,
COLLEGE CONNECT COORDINATOR.**

I am writing to you as I am now on week 10 of Lockdown. My hair is much longer and my taste in clothes are different (must be comfy) but some things are still 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 prioritise self care. For this fortnight I have been trying to do a clear out of Instagram accounts who do not help to promote a positive body image. Especially in the summer months, some content we look at online can make us want to hide away. Instead I'm focusing on following less people, with more meaningful content to me and more time to sunbathe.

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 for the coming weeks, when some staff return to schools to prepare classrooms and facilities. During this time I know that School Staff Wellbeing is a huge priority.

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