

The background is a vibrant red with a radial gradient of light rays emanating from the bottom-left corner, creating a sense of motion and energy. The rays are thin and spread out across the frame.

**LUCID**

# House Keeping

## **Fire Alarms**

There are no planned fire alarms; if there is an alarm, please follow the instructions given by venue staff. Fire assembly point is directly outside the front of the hotel.

## **Mobile Phones**

Please turn mobile phones to silent. Filming or photography during the sessions is not permitted.

## **Food and Drink**

Catering points are in the exhibition hall and Ballroom Foyer; seating areas are around the balcony area near registration.

## **Toilets**

Toilets are in the ballroom foyer and opposite the breakout session rooms.

# LUCID Conference App

## **How to Download**

- Search for 'LUCID 2019' in the app store
- Your user name and password has been emailed to you
- See the registration desk with any queries

## **Live Q&A**

- Use the Live Q&A icon to post questions during sessions

# Luggage

Please take your luggage to registration (on this level) where it will be held securely until conference close.

On handing in your bags you will receive a ticket to be used for collection at the end of the day.

Please ensure to collect your luggage before your departure.

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# Mental Health: The true modern pandemic

Jo Anderson, Director of External Affairs  
SAMH (Scottish Association for Mental Health)

# About SAMH

- £20m turnover:
  - Operating over 60 direct services
- 600 members of staff:
  - Vast majority of these are frontline staff
  - 46% have experienced mental health issues
- Programmes for Change - See Me/ Respect Me/ Social Movements
- Children and Young People / Suicide Prevention : from Influence to Delivery
- Workplace and Work

# Our Campaigns





# Scotland's Epidemic

SAMH campaign on young people's mental health

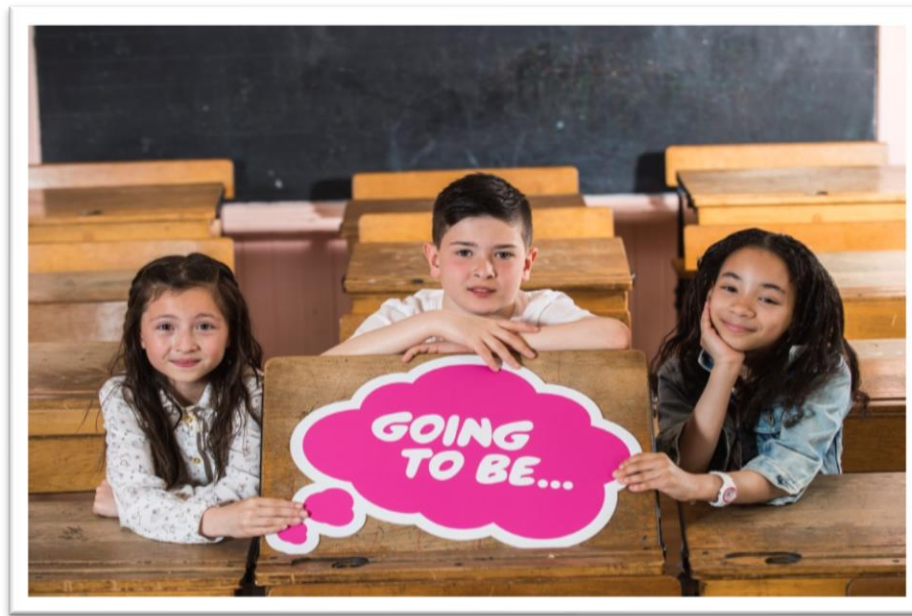
**Half of all adults who are mentally ill experienced the onset of their mental health problems by the age of 14. Prevention is the key. We need to help young people before they become unwell.**

## What we found

- One call every 30 mins to ChildLine
- 3 in 10 young people in the classroom
- 16,000 young people rejected from CAMHS
- Suicide is still one of the biggest killers of young men in Scotland today
- 80% of teenage girls report high school pressure
- 1,000 cases of school children self harming in Scotland
- 1 in 5 young people report they don't know where to go
- Young people in Scotland who feel 'very 'happy' reduces steeply with age

**There are more than 900,000 children and young people living Scotland. Our mission is to change things for these young people and for generations to come.**

# Going To Be



## Campaign aims

- To raise awareness of the issue
- To inform and influence SG
- To effect positive change
- To build a movement

# Aaron's story









2 × 7 = 14	10 × 7 = 70	
5 × 8 = 40	2 × 8 = 16	10 × 8 = 80
5 × 9 = 45	2 × 9 = 18	10 × 9 = 90
5 × 10 = 50	2 × 10 = 20	10 × 10 = 100

know your numbers

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



# It's Got to Change

- **By 2018, create a programme to train all school staff in mental health**
- **By 2020, provide counselling services across Scotland's secondary schools**
- **By 2020, let children and young people stay in specialist services till age 25**

# From influence to delivery

A new dedicated CYP team with expertise in;

- Teaching
- Social work
- Youth work
- Mental health nursing

# A new programme of dedicated activity

- Whole school approach
- Transitions
- Capacity building
- Therapeutic intervention
- Using the arts

# Thank you

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**Twitter - [@joatSAMH](https://twitter.com/joatSAMH)**

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