# **Overall notes and follow up pack from Mental Health, Supporting Others - Scottish Action for Mental Health**

## **Overview**

The MHSO webinar focused on mental health support and EDI topics. Linda Weir from Scottish Action for Mental Health (SAMH) introduced the session, highlighting SAMH's 70 services across Scotland. The session covered the mental health continuum, emphasizing the importance of self-care and supportive conversations. Key statistics included one in four people experiencing a mental health problem annually, and SAMH supporting 28,467 people in 2023. The discussion addressed stigma, common mental health issues like depression and anxiety, and practical tools for supportive conversations. The session also stressed the need for safe and inclusive language to reduce stigma and support mental health.

## **Follow up pack discussed**

As a token of our appreciation and to further support your learning journey, we have prepared some follow-up resources that we believe will be beneficial for you. You can access these [**resources here.**](https://samhworkplace.turtl.co/story/tier-2-follow-up-resources/) These resources are designed to complement the topics covered during the training session and provide additional insights and tools to support your ongoing development in this important area.