

# LET'S TALK

## Let's TALK Project Outline

SAMH's Let's TALK project will raise awareness relating to mental health issues, challenge stigma and discrimination surrounding mental health; encourage people to think about their mental health; introduce self-management techniques to increase resilience and; support people struggling with their mental health through training, information and signposting, helping to improve lives.

Let's TALK will seek to engage with grassroots groups and third sector organisations across the North East of Glasgow. The North East of Glasgow has been targeted due to the poor levels of mental health, high suicide rates, long CAMHS waiting lists and due to the fact that it is an area of deprivation.

Using a place-based approach and dynamic and interactive engagements Let's TALK will connect directly with people through the following activities in order to help identify ways participants can take control of their lives and build resilience, better equip people to shape activities and services to better meet their needs and improve access to support and opportunities to improve their lives:

- Let's TALK Pop-up or Drop Ins. These will utilise community centres, youth clubs, 3rd sector forums and conferences or happen online. The Pop Ups or Drop Ins will be a catalyst to starting positive conversations about mental health and the first steps for people to consider their own mental health by completing the WEMWBS wellbeing assessment via the SAMH website. Let's TALK Pop Ups or Drop Ins will encourage people to engage with SAMH staff and volunteers through activities designed to grab people's attention and incorporate the 5 Ways to Wellbeing. People will also be asked to take notice of their passions and

how much 'me time' they currently have and be encouraged to sign up to the SAMH MeTIME Promise, setting time aside to care for their mental health and wellbeing. By sharing photos of their passions and promises on social media, Let's TALK MeTIME will increase reach and engagement. Additionally we'll promote stage 2 – Let's TALK Engagements, encouraging participation in Let's TALK community based workshops.

- Let's TALK Engagements are bespoke workshops that will be delivered using a modular training package (co-designed by the Let's TALK volunteers). Personalising the content with case studies and real-life examples relevant to the audience will ensure maximum impact. The Let's TALK Engagements will be active, interactive and, wherever possible, take place outside and away from the usual meeting or work places. The Let's TALK volunteers will receive training and regular support and supervision. Participating in the co-production and delivery of activities empowers participants to share their own story and experience and increases confidence and self-esteem. Facilitating positive conversations about mental health will breakdown the stigmas and discriminations that people with mental health problems often face. Having a more tolerant society where mental health can be openly discussed helps to strengthen communities.
- The MeTIME Promise will encourage people to commit to taking time out for themselves in order to improve and manage their own mental health. People will be supported by regular SAMH motivational resources providing hints and tips on self-management linked to the 5 Ways to Wellbeing.

Project development to date has involved people. Volunteers, participants and wider stakeholders will be key in the co-production and delivery of the Let's TALK project and ultimately in tackling the issues surrounding stigma and discrimination associated with poor mental health.

For more information on the SAMH Let's TALK project please contact Emma Straughan, Let's TALK Project Facilitator on the contact details below

Email: [Emma.Straughan@samh.org.uk](mailto:Emma.Straughan@samh.org.uk)

Mobile: 07595 244 761