



This is *me*TM

This is Me Scotland

What do we do?

Vision
Statement

Every employee in Scotland has mental health training and is empowered to share their experience and end the stigma

Mission
Statement

To create and develop a support model for Scottish business that enables us to share, learn and grow together

Core Values

RESPECT

PURPOSE

COMMUNITY

COMMITMENT

INSPIRING

TEAMWORK

Our journey so far

-  Launched in October 2018
- Scottish Parliament event – May 2019
- Glasgow Pride – August 2019
- World Mental Health Day event – October 2019
- Blue Monday Sunrise walk – January 2020
- Webinar with Dean Stott – October 2020
- Burnout series of video's on LinkedIn – February 2021
- Impact of Covid 19 on MH videos on LinkedIn - May 2021



<https://www.the lordmayorsappeal.org/a-healthy-city/this-is-me/>



This Is Me - Scotland






#thisismescotland

Ten measures of Impact of your campaign



1. Demonstrate senior level buy in
2. Demonstrate accountability and recruit Employee Champions
3. Raise awareness about mental health
4. Update and implement policies to address mental health in the workplace
5. Ask staff to share personal experiences with mental health
6. Equip line managers to have conversations about mental health
7. Provide information about mental health and signpost to support services
8. Have a mental health at work plan
9. Actively promote healthy work life balance
10. Routinely monitor employee mental health and wellbeing

But there is a long way to go

-  Recruiting more different types of organisations to join the committee
-  Working closely with our Charity Partners – Samaritans and SAMH
-  Linking to government work on mental health in the workplace.

