



Hello,

Welcome to **This is Me Scotland's** September newsletter. We're delighted to share with you news of our upcoming This Is Me Summit as well as some useful resources.

We would love to hear more about your plans for World Mental Health Day on Sunday 10 October and how you are implementing This is Me in your workplace. If you have any news to share, please don't hesitate to get in contact at either of the email addresses below or via our LinkedIn page.

Thank you,

This is Me Scotland

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[This is Me Scotland - LinkedIn](#)

This is our highlight

We work closely with Business in the Community (BITC) to share their research and advice.

BITCs' [What If Your Job Was Good For You?](#) report identifies actions employers can take to transform wellbeing at work. The report sets out how business leaders can create an environment in which employees feel supported to do their best work. It also outlines how to achieve good jobs for all, that drive sustainable positive mental health outcomes.

[Key Findings: Mental Health at Work 2020](#) reveals the scale and impact of the pandemic on the mental health of employees. The report also profiles the impressive progress that employers have continued to make in the face of disruption. In addition, this creates optimism for the future as the nation's businesses continue to navigate through the evolving crisis, and build back responsibly.



This is our request for volunteers

This Is Me Scotland is celebrating our 4th anniversary in October 2021.

Over the last 4 years our Steering Committee have volunteered their time to raise awareness of the initiative, support events and share their knowledge and experience of mental health.

We are looking for volunteers to join This Is Me Scotland Steering Committee. If you are interested in changing the conversation around mental health and willing to volunteer time to support this worthwhile initiative, please contact Lynne McCaughey.

This is our spotlight

Our This Is Me Scotland volunteers are delighted to be taking part in the first This is Me Summit on Tuesday 26 October.



The virtual Summit, chaired by speaker, campaigner & researcher Barbara Harvey will bring together multi-sector organisations from across the globe, providing an opportunity to hear from inspiring speakers, network with your peers and take part in workshops & panel sessions. Register [here now](#).



This is what's coming up

10 October is World Mental Health Day. This year the theme is “mental health in an unequal world” and will focus on inequalities in mental health across the globe.

Each year we ask businesses to wear their green ribbons to enable organisations to support their employees with their mental health, and to demonstrate a visible movement of support in the workplace. Many of the organisations involved in This Is Me use green ribbons across their multi-national office network. You can find all of our resources for Mental Health Day [here](#).

Please share your own activity using the hashtags #WorldMentalHealthDay and #ThisIsMeScotland.

Upcoming awareness days

10 October – World Mental Health Day

3 November – National Stress Awareness Day



This is what you may have missed

As restrictions ease and our working lives return to a level of normality, it is really important not to lose sight of the great habits we have developed through lockdown. We spoke to our Steering Committee about the strategies they will continue post-COVID, to manage their mental health and wellbeing.

[Covid Series – Part 1](#)



Covid Series - Part 2

This is news from the regions

Keep up to date with our regional groups on LinkedIn. Here's [Scotland](#), [North West](#), and [Yorkshire](#).

You can also find [Yorkshire](#) on Twitter and follow the hashtags [#ThisisMeScotland](#), [#ThisisMeNW](#) and [#ThisisMeWM](#)

