

NEWSLETTER ONE:

SAMH SCOOP

FROM THE SCOTTISH ASSOCIATION FOR MENTAL HEALTH (SAMH)



"This fortnightly newsletter has been produced by me, Laura Glennie, the College Connect Coordinator from the Scottish Association for Mental Health (SAMH) working for Armadale Academy. Find out more about my role by clicking [here](#).

While in lockdown, I will be sending you updates on lots of things mental health & wellbeing related. If you would like to add to this newsletter, or would like to give some feedback, email me at: Laura.Glennie@samh.org.uk "

SOME NEWS FOR THE FORTNIGHT...

On the 17th of April the NSPCC posted their research on '[What children are saying to Childline about the Coronavirus](#)'. Children and young peoples main concerns have been: mental health, reduced support, family relationships, bullying and abuse.

Did you know that as well as offering a 24hr phone helpline for people up to 19yrs old on 0800 1111, Childline also offer 1-to-1 chats with Counsellors on their website at: childline.org.uk

The [Lockdown Lowdown](#) results have sent decision makers a powerful message from Scotland's young people.

Youthlink Scotland, Young Scot and the Scottish Youth Parliament recently surveyed 2,421 young people to make sure their voices are being heard.

The results, which were reported on the 23rd of April, included the fact that almost three-quarters (70%) of young Scots are concerned about their financial situation (support for this [here](#)).

As well as lots of new information and facts for and about children and young people, such as:

As of 20th April there are [new details on the grading system for National Courses](#), which has been announced by the SQA and includes grade estimates from your overall year and then the chance to appeal.

- **There is also plenty of good news from around the world to share, such as:** Nicola Sturgeon is [answering questions](#) directly from young people through Young Scot, making it clearer than ever how to get direct information from our decision makers.
- As a means of entertaining lonely adults during Lockdowns, a team of Canadian high schoolers [created a hotline](#) that plays pre-recorded messages of positivity.
- There is lots of news of [improvements to our climate and the natural world](#). This week there has been record-breaking amounts of Solar Electricity generated in Germany after lots of sunny days.

PET OF THE FORTNIGHT...



Some animal lovers have shared with us during Lockdown their pet has kept them company and cheered them up.

"This is Angel from Glasgow, when she's not busy sitting inside boxes she enjoys joining every Zoom call possible and watching the Goldfinch outside the window."

Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Pet of the Fortnight! Send a pic of your pet to Laura.Glennie@samh.org.uk and tell us a sentence about them!"
Each newsletter will feature one pet voted for anonymously by the SAMH team.

WHAT IS OPTIMISM?

HOPEFULNESS AND CONFIDENCE ABOUT THE FUTURE OR THE SUCCESS OF SOMETHING.

During my time at SAMH, many young people I speak to tell me they do not know the meaning of word 'optimism'.

Have you ever heard popular phrases such as 'See the glass as half full instead of half empty' or "Every cloud has a silver lining"? Then you've heard someone being optimistic.

There are benefits to trying to think in a more optimistic way including: better health, better satisfaction and less anxiety. However, this isn't always easy especially if times are challenging. [Here's some info](#) on optimism and how to be more optimistic.

"KEEP YOUR FACE TO THE SUNSHINE AND YOU CANNOT SEE A SHADOW."

- HELEN KELLER

Tip for Parents and Carers:

Times are tricky, but try your [best to rephrase and reframe](#) negative language around our children.

This can benefit us and help adults and children maintain realistic optimism.

SAMH SCOOP LEGENDS....

We have some amazing people in our community. Across Glasgow Clyde College, West Lothian College, West College Scotland, Armadale Academy and St Pauls High Schools we have many committed friends and family members doing their bit during this Lockdown such as making masks, calling friends, and shopping for others.

Students, pupils, teachers, lecturers, school staff, carers and families... please send us your Legend to be featured in the SAMH Scoop newsletter!

Send us a sentence about them to Laura.Glennie@samh.org.uk"

Each newsletter will feature a few of our Legends.



COLLEGE CONNECT UPDATE

**BY LAURA GLENNIE,
COLLEGE CONNECT COORDINATOR.**

I am writing to you as I am now working from home supporting children and young people, schools, colleges and families to navigate their well being during this time.

As well as helping other people, I've had to help myself. I know that to help people best I need to prioritise self care. For me this means trying to feel the joy of moving. I put on my [favourite Spotify playlist](#) and practice lunges, starjumps and punches. I've also taken up a free language app called [Duolingo](#), as I'm trying to limit but balance my screen time between social media, entertainment and learning new things (not all screens are bad!) When I'm not on the internet I enjoy learning how to sew.

At College Connect we have been developing an online animation and learning resource about Coping with Changes - whether that's big ones like a global pandemic, or moving house, or getting a job. I have also been chatting with young people offering them wellbeing check-ins talking about keeping mentally well in lockdown. I'm asking everyone to think of a new hobby or activity to try with me.

I'd like to hear from you and how you think I can help. Read more about my work [here](#) if you're not sure. Whether it's about mental health, or if you are a school pupil who is moving to College from Armadale Academy or St Pauls HS please get in touch by emailing:

Laura.Glennie@samh.org.uk