



**See Me.
See Change.**





Be part of the change



We would like a representative from the parent council to be part of the programme to support the planning and implementation of our action plan.

You would attend the staff training sessions which take place on:

Thursday 21st September 15.00 – 16.30

Thursday 5th October 2023 15.00 – 16.30

And cover the following topics:

Mental health; understanding mental health stigma and discrimination; ways to tackle stigma and identifying actions for us to take. The sessions will empower us to make a positive change across the school.

Staff training will also look at the following in more detail :

How mental health stigma and discrimination can be tackled across the school, from leadership to culture to learning.

Explore schools as workplaces, encouraging discussion and planning to ensure that working environments are more mental health inclusive

After the October break further sessions would be planned to allow partners to formalise the action plan

**56% OF PEOPLE WITH A MENTAL
HEALTH CONDITION IN SCOTLAND
HAVE EXPERIENCED STIGMA
AND DISCRIMINATION**

#ITSTARTSWITHYOU

*If you are interested in being involved or would like further
information, then please contact Jo Munro
(jo.munro@aberdeenshire.gov.uk)*

