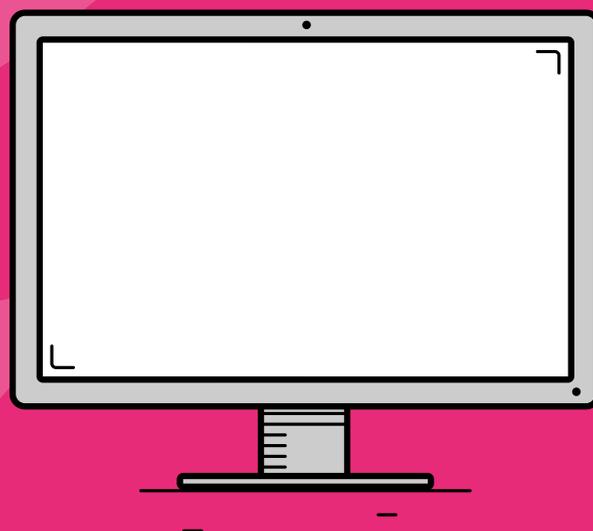# See Me

Mental Health
Inclusion Resources Suite:
Usage guidance

About the resources

See Me aims to end mental health stigma and discrimination in Scotland. For healthcare settings that means promoting mental health inclusive practices, supporting the creation of more inclusive environments and cultures, and helping healthcare professionals to improve processes and standards.

See Me developed a suite of improvement resources to support healthcare services in Scotland to realise our shared goal of mental health inclusive care. It includes:

- The "Towards mental health inclusion" training module, which includes facilitator notes, participant workbook, evaluation tools and presentation slides to complement the materials.
- A series of case studies curated in partnership with Care Opinion, the UK's independent non-profit feedback platform for health and social care.
- A "Video Library" featuring films from people with lived experience and professionals.
- The "See Me, Value Me" improvement tool to help healthcare professionals embed mental health inclusion in their day-to-day practice.

Successful adoption and integration of these resources will improve the experience of healthcare for people with experience of mental health problems, and those connected to them.

The value of using the resources

Lived and professional experience – This suite of resources is underpinned by testimony from people with lived experience of mental health problems, just like everything we do in See Me. We also wanted to ensure that we heard from healthcare professionals about what good practice looks like and how it can be achieved. The training, case studies, films and improvement tool call on both voices to explain mental health stigma and discrimination, and how it can be reduced in healthcare.

Linked to current improvement work – We know from the evidence base and learning from See Me that for mental health improvement work to be effective we need to tackle the stigma and discrimination that exist in healthcare systems, cultures and processes. When developing the See Me, Value Me tool we researched current improvement efforts in the healthcare system, and linked the advice and guidance in the tool to the core principles of these approaches:

- Realistic Medicine,
- Health Promoting Health Service,
- Mental Health Strategy 2017-2027 and
- Nursing Vision 2030.

Healthcare organisations that take on the learning points from these resources will be closer to achieving the outcomes of these current improvement works.

Flexible and modular – At See Me we recognise the pressures on the healthcare system and on its employees. The mental health of the workforce is as important as their patients'. We have designed all these resources to be adaptable to different circumstances and capacities. Each of the resources in the suite can be used as stand-alone initiatives, integrated into current learning and development offers, or have specific parts of their content included in frontline organisational processes.

Framework for learning and reflection – Discussing and reflecting on mental health inclusion and stigma and discrimination can be challenging. These resources offer a framework for exploring these issues safely and can bend to fit into anything from formal training to informal discussions. Most importantly, they showcase learning from people we can all learn from on this topic: those with lived experience of mental health problems, and those who strive to provide the best possible quality of care they can.

Using the resources

Whether you have three minutes, three hours or three days, you can improve the experience of healthcare for people with lived experience of mental health problems. Whether you are a nurse, pharmacist, physiotherapist, manager, doctor, administrator, researcher, or any other role, you can reduce mental health stigma and discrimination. Whether you are treating a patient, participating in a training course, chatting with a colleague, or engaging with support and supervision, you can promote mental health inclusion.

The grid on the next page provides quick access to key resources for specific purposes. This is not an exhaustive list by any means.

At See Me we understand that tools and resources are only impactful when they are used. We want to make sure we keep producing helpful, practical and meaningful resources and guidance to help people use them. If you have any questions about the resources or would like to provide feedback on them please contact: Tom Scott, Health and Social Care Improvement Advisor (See Me), at info@seemescotland.org.

Purpose	Key resources
Training staff on mental health inclusion in a hospital	Full suite of resources
Communications from health boards	Specific messages
Encouraging conversations about mental health inclusion with colleagues	● See Me, Value Me tool ● Specific messages
Messaging in community health services	● Video library films (online) ● Case studies (offline)
Support and supervision for staff in healthcare setting (e.g. GP practice, pharmacy, opticians, etc.)	● See Me, Value Me tool ● Case studies
Embedding mental health inclusion in higher education courses	Full suite of resources
Sharing best practice event	● Video library films ● Towards Mental Health Inclusion training facilitator notes (activities)
Conversations with patients about their experience of mental health inclusive care in healthcare setting (e.g. dental practice, physiotherapist)	See Me, Value Me tool
Self-directed learning	Full suite of resources
Health promotion conversation with patient(s)	● See Me, Value Me tool ● Case studies
Healthcare setting's senior leadership meeting to discuss mental health inclusion in service(s)	● See Me, Value Me tool ● Video library films
Mental health inclusion covered in induction for new staff in healthcare settings (e.g. mental health services, GP practices, hospital wards, etc.)	● See Me, Value Me tool ● Video library films

About See Me

See Me is Scotland's programme to end mental health stigma and discrimination enabling those who experience mental health problems to live fulfilled lives. Our mission is to mobilise people to work together and lead a movement to end mental health stigma and discrimination. We work with people to change negative behaviour towards people with mental health problems and ensure that the human rights of people with mental health problems are respected and upheld.

We believe change is needed to improve the culture around mental health so its impact on every aspect of our lives including where we live, learn, work, and receive care is not ignored. When we struggle with our mental health, we often face stigma and unfair discrimination in all these areas. See Me focuses on key settings where stigma is most prevalent and has the most detrimental impact: in education, healthcare, communities, and workplaces.

See Me

Visit our website for more resources, and join the movement at
www.seemescotland.org.

Scottish Government
Riaghaltas na h-Alba
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