



BE-INN UNITY

We all belong to each other.

VISION

Our vision is to live in a world where there is no social stigma associated with mental health and every individual has a meaningful relationship within their community that promotes wellbeing.

OUR VALUES

Curiosity | Authenticity | Respect | Empathy

OUR VISION

Our vision is to live in a world where there is no social stigma associated with mental health and every individual has a meaningful relationship within their community that promotes wellbeing.



WHY WE EXIST

We exist to inspire and educate communities so that individuals are empowered to thrive. We want to remove the social stigma associated with mental health and reduce suicide in our communities.

HOW WE DO IT

We work in collaboration with a variety of communities and enable opportunities for growth and wellbeing. We live, breathe, and promote our core values of Curiosity, Authenticity, Respect and Empathy with everyone we connect with and use them as our compass to inform our initiatives.

OUR SOCIAL AIMS

Too often, we place the emphasis on the person who is suffering with their mental health to reach out for support. We understand this is can difficult and that there are factors that stop people reaching out. When we don't get the support we need, the outcome can be devastating.

We want to reduce mental suffering within our communities and remove the social stigma associated with mental health. In order to achieve this, we will educate people from a variety of communities with the knowledge of how mental health conditions develop, the skills to recognise if someone is struggling and the confidence to reach in and offer the support and guidance they may need. Every single person in our society deserves to have a meaningful relationship that promotes wellbeing.

WHAT WE DO

We deliver a range of initiatives to communities that enable meaningful relationships to form and promotes wellbeing. Some of our initiatives include:

- **Kind Connections** – We facilitate a Mental Health and Suicide Prevention Group to men within South Lanarkshire.
- **The Veteran ERV** – We facilitate a Mental Health and Suicide Prevention Group for Veterans across the UK. This is also part of our Kind Connections initiative but addresses challenges that our veteran community may face when they leave the forces.
- **Attachment and Trauma** – We deliver a range a learning opportunities that are designed to introduce communities to the importance of attachment relationships, the potential impact of trauma and how our brains develop over the life-span.
- **Mental Health First Aid** – We deliver a variety of regulated Mental Health First Aid qualifications to different communities that includes high schools, charities and businesses.
- **Dare to Venture** – We provide opportunities for communities to connect with nature and be present with our planet.
- **First Aid** – We are accredited to deliver a range of regulated first aid courses, including First Aid a Work, Paediatric First Aid and Mini-Medics (P4 – P7).



A HIGH SCHOOL APPROACH TO COMMUNITY WELLBEING

We recognise the importance of high schools in their local community and vital role that they play in shaping the brain through adolescence and the future relationships young people will form over their life.

To help us strive towards our vision, we have developed a unique training package – Leading and Enabling Mental Health in the Community. This 3-day course is designed to inspire, educate and empower people with the knowledge and skills to build an environment that challenges social stigma and leads societal change within their school and community.

Throughout this learning journey, we introduce learners to mental health through an attachment lens. This allows us to view how people experience life with a particular focus on how our relationships, our brain and our mind develop over time and practical ways we can promote wellbeing through these different aspects. Learners also cover a variety of mental health conditions as well as being introduced to attachment theory, developing an understanding of how mental health conditions can develop over time, and learn why relationships are important for wellbeing. We will also introduce learners to how our brains develop over time and provide practical steps we can all take to look after each other.

This regulated SQA Level 6 qualification provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation, and know when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress and understand the impact of substance abuse and addiction. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in their high school and their community.

The skills learnt during this training will allow learners to facilitate Kitbag sessions, helping to reduce the stigma and build trusting relationships within their peers. This model is based on prevention and will compliment other services that are currently supporting staff and YP, with the hope to reduce the demand on current services that are overwhelmed and empower our communities to develop health promoting initiatives.

On completion of training, learners are also awarded with a Level 6 SQA Award in Leading First Aid for Mental Health. This qualification is globally recognised and regulated by the SQA.

PROUD PARTNERS

