

Anti-Stigma Fund 2021-2022

Glasgow projects



At A Glance

- 5 Projects funded across Glasgow to tackle mental health stigma.
- Projects addressed mental health stigma among disabled people, young people, and ethnic minority communities.
- A range of methods were used; including arts-based, research projects, and community-led work.



"[The classes] make people more aware, and helps to be more accepting of mental health. The classes help to connect with others. It's a very positive way of challenging any stigma on mental health and certainly helps me."

Creative Steps Class Attendee

Background

The Mental Health Improvement Team at NHS Greater Glasgow and Clyde funded 5 projects across Glasgow as part of the Anti-stigma Fund: Creative Steps, Glasgow Disability Alliance, Hwupenyu, Move On, and PEEK. The Fund was delivered in partnership with See Me.

Projects focused on addressing mental health stigma among disabled people, young people, and ethnic minority communities.

Key Outcomes

Creative Steps: 97 people attended classes and sessions on mental health, including crafting, walking and talking, and writing for wellbeing sessions.

Glasgow Disability Alliance: Conducted a "Disabled People's Mental Health Matters" research project which involved speaking with 40 disabled people to hear about their specific mental health issues, and producing a report of the findings.

Hwupenyu: Worked with 9 black women to address stigma in black communities, resulting in increased mental health stigma awareness among these women.

Move On: Delivered 5 mental health-themed workshops with 30 young people. 80% of young people said it increased their awareness of mental health stigma and how to support others facing it.

PEEK: Engaged 20 young people to explore mental health stigma through art. Young people felt comfortable leading conversations about mental health as a result.