

Cross-Party Group on Mental Health

Wednesday 3rd May 2023 at 12:00pm

Agenda

1. Welcome, introductions and apologies

2. Minutes from previous meeting

- a. Group agreement
- b. Meeting accessibility

3. The [Scottish Mental Illness Stigma Study](#)

The Scottish Mental Illness Stigma Study explores where and how people with more complex mental illnesses face stigma and discrimination and the impact this has. A copy of the study has been circulated before the meeting. Led by See Me, this agenda item has 2 parts:

- a. Presentation on key findings from the research, led by Katie Borland.
- b. Discussion of thoughts and reflections on the study, led by Nick Jedrzejewski.

The discussion will be guided by the following questions:

- i. Is this data reflective of your experiences?
- ii. Is there anything that surprises you?
- iii. If you have seen these findings before, have you done anything since? Or are you planning any work off the back of them? IV. If this is your first time seeing them, what could you do?
- iv. The latest draft of the mental health strategy has addressing stigma as key throughout, what do you see as your role in this?
- v. We are proposing a national action plan around addressing stigma, would you like to know more about this?

4. Discussion of proposed CPG work plan

SAMH have taken member's suggestions for discussion themes at the AGM and produced a draft work plan for members to consider. A copy of this has been circulated before the meeting. This agenda item has 2 parts:

- a. Presentation of proposed work plan by SAMH
- b. Discussion of work plan. This will be guided by the following questions:
 - i. Do the proposed theme groupings make sense?

- ii. Do the proposed guest speakers and attendees feel appropriate?
- iii. Does the proposed meeting timeline feel appropriate?
- iv. Do you have any other suggestions for themes you would like to discuss?
- v. Do you have any other suggestions for potential guest speakers?

5. Voice of lived experience

Whilst lived experience does not only have to be heard in this section of the agenda, this is a dedicated space for members to speak about their experience of mental health. This experience does not need to be related to themes discussed in the meeting.

6. Any other business and next steps