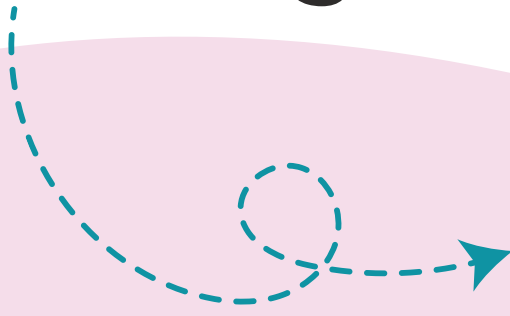


How your support can change lives

SAMH

Scottish Action for Mental Health



£140

is the daily
cost of Growing
Chrysalis, our
community wellbeing
garden in Dundee

£20

could let us
answer an inquiry
about mental health
through our
Information Service

£500

is the cost of
training a course of
people in suicide
intervention

£1,000

lets us spend a year
talking about mental
health in one school,
to pupils, teachers and
parents

£2,300

runs our online mental
health and wellbeing
support service,
Time for You,
for one week