

Shifting the Dial: Scotland's Conference on Mental Health Stigma and Discrimination

Wed 1st October 2025, 9.30am-4.30 | thestudio, 67 Hope Street, Glasgow, G2 6AE

Timing	Room	Activity	Description
9.30am – 10am	REST FOYER 9th Floor	Registration	
10am – 10.15am	CLIMB 9th Floor	Welcome	
10.15am - 10.30am	CLIMB 9th Floor	Directors Reflection	Director of See Me, Wendy Halliday will reflect on See Me's current strategy and what comes next to tackle mental health stigma and discrimination
10.30am - 10.45am	CLIMB 9th Floor	Minister's Speech	Minister for Social Care, Mental Wellbeing and Sport of Scotland Tom Arthur will join us to reflect on mental health stigma and discrimination and what is needed to shift the dial.
10.45am - 11am	REST FOYER 9th Floor	Break	
	CLIMB 9th Floor	Provocations & Evidence The See Me team and partners will share evidence of the impact of mental health stigma and ask the urgent question of what needs to happen to shift the dial. These sessions will include presentations and group work.	
11am - 11.30am		Session 1: Defining Stigma & discrimination	The See Me team will present provocations from their current anti-stigma and discrimination work.
11.30am – 12pm		Session 2: Systemic Racism and Mental Health Stigma	Lucien Staddon Foster from the Coalition for Racial Equality and Rights (CRER) will lead a session on the intersection of mental health stigma and discrimination with systemic racism.
12pm - 12.30pm		Session 3: Whose Stigma Are We Tackling? Re-Centring Youth Voice in Mental Health Stigma Research and Intervention	Dr. Rebecca Johnson will draw on emerging youth-focused evidence, to highlight the imbalance in current approaches and invite attendees to reflect on their ways of working with young people.
12.30pm - 1.15pm	CLIMB 9th Floor	Keynote Panel	See Me's Youth Consultants will host a panel of guests, exploring the state of mental health stigma and discrimination in Scotland and what needs to be done.
1.15pm - 2pm	REST FOYER 9th Floor	Lunch & Networking	
2pm - 3.30pm		Workshops	
	HOPE 8th Floor	1. Stigma Watch: Challenging public and cultural stigma in the Media	The See Me team will lead a workshop on how to recognise and challenge stigma in the media and press.
	PROCLAIM 8th Floor	2. How does peer/lived experience leadership influence structural stigma	Robert Nesbitt and Pher Nicolson from SAMH will host a workshop to explore how peer and lived experience leadership can challenge and change structural stigma.
	CLIMB 9th Floor	3. Intersectional stigma and discrimination: ensuring inclusion of anyone experiencing mental health and illness	Guest facilitator Mahasin Ahmed, alongside See Me team members will lead a workshop on the intersectional approach to tackling mental health stigma and discrimination.
	SHOUT 8th Floor	4. Sharing learning from settings-based approaches to addressing stigma and discrimination	The See Me team will lead a workshop on the evidence we have on setting's-based approaches and explore what the future of this work will be.
	ASPIRE 8th Floor	5. Local Area Approaches: What Works	Guest facilitators from Moray Wellbeing Hub, Stigma Free Lanarkshire and Renfrewshire Anti-Stigma Alliance will come together to share their experience of anti-stigma work in their local areas.
3.30pm – 3.45pm	CLIMB 9th Floor	Return to main room	
3.45pm - 4pm	CLIMB 9th Floor	Closing remarks	Chief Executive of SAMH, Billy Watson, will speak to the future of mental health anti-stigma and discrimination work.
4pm – 4.10pm	CLIMB 9th Floor	Closing Performance	A short performance to close the event.