

MCR Pathways - working together to tackle mental health

INSIDER



Council officers, including some of our current mentors, played a key role in the success of the MCR Pathways National Conference, held in the Royal Concert Hall on 18 April.

The focus of the event, attended by more than 500 people, was to tackle the difficult subject of mental health.

Through an afternoon of powerful presentations and interactive workshops, the young people leading the conference - from across all 30 Glasgow secondary schools - asked the audience to see beyond the 'face' we all hide behind when encountering mental health challenges.

Key speakers and panel members included: **Maureen McKenna, Executive Director of Education**; John Swinney, Deputy First Minister; Fiona Duncan, Chair of the Independent Care Review; and Sir Harry Burns, Professor of Global Public Health.

Maureen spoke about the importance of discussing mental health and answered questions from participants.

Maureen said:

“ There is a space for us to do more on mental health. We need to take a much more universal approach because there will be times when young people need that extra support. We need to make sure all our teachers and staff have the right training so young people get the support they need when they need it. ”

Also speaking at the conference was **Tommy Donnelly, Depute Headteacher at St Roch's Secondary**; Danielle Campbell, MCR Pathways Coordinator; St Roch's pupil Paula and her mentor Joanne Diamond, GHA Locality Director, Glasgow Housing Association.



A discussion took place about the vital links between educational environments and mental health and well-being. The partnership between our schools and MCR Pathways makes sure that every pupil reaches their potential through education. Mentoring gives young people a chance each week to share their thoughts and struggles, which contributes to positive wellbeing and good mental health.

Tommy said: "I've been really passionate about the programme for years now because I can see it's something that works. But it's more than the numbers - I can see the difference in individual young people. It's the relationships; it's creating an environment of openness."

Iain MacRitchie said: "We were delighted with the turnout and with the frank discussions that took place. By coming together, MCR Pathways and the council family have tried to create a safer space for all young people to discuss their challenges.

"Through mentoring, young people have a protected time that is just for them, and this is vital to their success. We're incredibly thankful for the council family's continued support and encourage everyone to consider getting involved and becoming a mentor."

Could you become a mentor and support a young person



MCR Pathways is still looking for more volunteers to support a young person- helping them to achieve their full potential and set them on a course for a positive future.

Could you spare one hour a week to help make a difference? Staff are encouraged, and supported, to get involved.

More information

Find out how to get involved, what support is available, and read, or watch, case studies about Mentors and young people who are involved. Visit [Connect](#) at

<http://connect.glasgow.gov.uk/article/20615/MCR-Pathways>

© Glasgow Intranet 2019 | Powered by GOSS iCMOpens new window



connect