



Young people's mental health – recognising the impact post Covid-19
Tuesday 3rd November, 12pm – 1.30pm

SPEAKER BIOGRAPHIES

Chair of the event:

Sally Cavers

Head of Inclusion, Children in Scotland

Sally is the Head of Inclusion at Children in Scotland, supporting the delivery of programmes in relation to additional support for learning and the early years. This includes leadership responsibility for the Enquire, My Rights My Say and Resolve services and leading the CHANGE: Childcare and Nurture Glasgow East project.

Sally was previously Manager of Enquire at Children in Scotland with responsibility for delivery of the Scottish advice service for additional support for learning.

Sally is also a Trustee for Flexible Childcare Services Scotland and her local Scout Group. She has been learning British Sign Language for many years and still aspires to becoming fluent!



Charlene Tait

Deputy CEO, Scottish Autism

Charlene Tait is Deputy Chief Executive of Scottish Autism. She has worked with and on behalf of autistic people for thirty years. In that time she has been engaged in direct practice, strategic development and academia.

Her main areas of interest are in family support and enabling quality lifestyles for autistic people, including access to education, employment and leading a happy, healthy, fulfilling life. She also champions the development of practice based research within Scottish Autism and beyond, the central aim of which is, to build an evidence base related to an individualised, personalised approach to practice.



Laura Sharpe
Education and Young People Manager, See Me Scotland

See Me, Scotland's Programme is to tackle mental health stigma and discrimination.

Laura has led and developed children, young people and families' programmes across the third sector; helping to tackle a number of equality issues and developing programmes to improve services and individuals lives.

During her time at See Me Laura has led on the strategic development of the Education and Young People Programme bringing together young volunteers and professionals, actively involving and engaging them to lead the change they hope to see in the world.



Laura utilises a comprehensive approach to work alongside citizens, partners and stakeholders and is passionate about striving towards equality, ensuring that individuals can not only access opportunities but also are empowered to create change.

Laura is an Associate Member of the Community Development Standards Council for Scotland; Chartered Institute of Personnel and Development.

Patricia Lyon
Area Manager, Place2Be, Scotland

Patricia Lyon is a Psychotherapist and Clinical Supervisor currently working with Place2Be as Area Manager for Scotland West, overseeing project operations in Renfrewshire and Ayrshire. She also retains a small private practice for Adults and Young people 3 evenings per week in Southside of Glasgow.

She began her career with Place2Be accidentally, never intending to work with children but on taking a placement in one of their schools, quickly realised the benefit of early intervention for children and the adults they would become.

Gaining a 2.5 day role as School Project Manager in a school in Castlemilk, Glasgow, Patricia worked there for 5 years, then as Cluster Manager for Glasgow.

Erin Campbell, MSYP

I am a Member of the Scottish Youth Parliament (MSYP) for Midlothian North and Musselburgh and founder of the #KeepInMind campaign, a youth led initiative aiming to reduce the stigma surrounding mental health by changing the way that young people speak about mental health. As well as being a passionate mental health advocate, I am also a period poverty activist in my local community, having been a committee witness to the Period Products Bill and an avid supporter of free period



products. I am 17 years old and in my final year of high school gearing up to study philosophy and politics at university.

