

#TimeToTalk



**A small conversation about  
mental health has the power  
to make a big difference**

**Let's start talking**

Together we will end mental health stigma

**time to  
talk day**  
04/02/21

**See Me**  
End mental health  
discrimination

# Let's start talking

Why not take a picture with your postcard and post it on social, tagging @seemescotland saying why you wanted to talk about mental health.



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Find out how you can get involved  
[www.seemescotland.org](http://www.seemescotland.org)

Time to Talk Day is run in Scotland by See Me. See Me is Scotland's national programme to end mental health stigma and discrimination.