

**time to
talk day**
03/02/22

See Me
End mental health
discrimination



**However you do it,
start a conversation
about mental health**

Talk, Listen, Change Lives

#TimeToTalk

Run by



in partnership with



Talk, Listen, Change Lives

Four parallel, solid vertical lines positioned in the lower right quadrant of the page, providing a space for writing notes or responses.

Find out how you can get involved
seemscotland.org