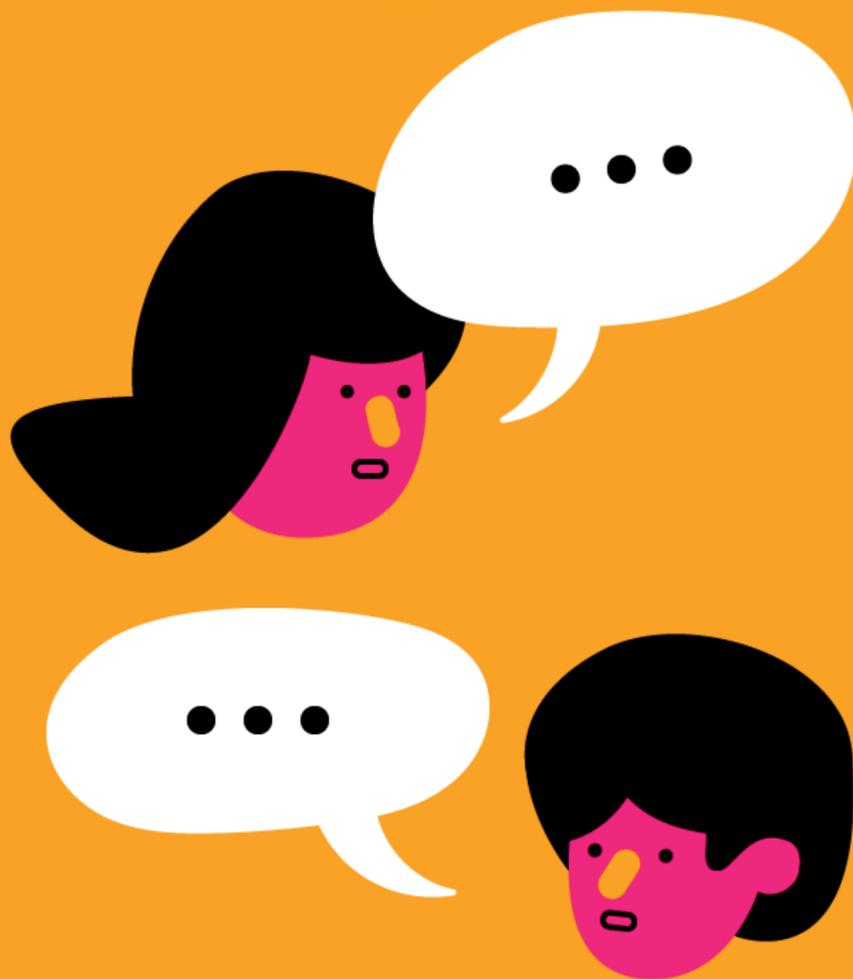


Walk a Mile

Walk, talk and end mental health stigma



Be part of the See Us movement to end mental health stigma and discrimination, by taking action one conversation at a time.

Find out more at seemescotland.org/seeus



Scan this on your phone to get access to our Walk a Mile resources, and digital conversation card