



I've got  
..... on my mind,  
can we talk?

Make space in your day  
for a conversation  
about mental health  
Talk, Listen, Change Lives

time to  
talk day

02/02/23

See Me<sup>e3</sup>  
End mental health  
discrimination

#TimeToTalk

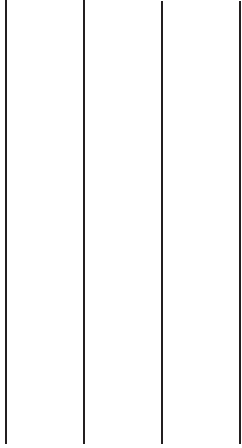
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In partnership with



# Talk, Listen, Change Lives



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