

**time to  
talk day**

**02/02/23**

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

In partnership with

**co  
op**

Ask questions and  
listen.  
Show you want to  
know how someone  
is really doing.

You don't have  
to be an expert.  
Just being there  
means a lot.



Are you feeling  
.....?  
I'm here to listen

We all have mental health,  
and any of us could struggle.

Conversations have the power to  
change lives, helping to create  
supportive communities where  
we can talk openly about mental  
health and feel empowered to  
seek help when we need it.

**Make space in your day this  
Time to Talk Day for a  
conversation about  
mental health**

Don't try and fix it.  
Often just listening  
is enough.

Keep it simple-  
chat over a cuppa,  
send a text or go  
for a walk.

**Get involved today**  
#TimeToTalk

[seemescotland.org](http://seemescotland.org)

In partnership with

