



Outcome 1

People in the populations we target feel confident to talk openly about their mental health and their experience of stigma and discrimination.

Six Wee Wordies

DIFFERENCES WE MADE

- A Six Wee Wordies facilitation guide was circulated to See Me in Work employers ahead of Time to Talk Day 2022
- The **Six Wee Wordies Instagram post** shared after the first received a total of 63 likes, reaching 1,103 people. It was the second-best performing post on the channel in February.
- See Me turned the images into a **short video for Facebook** – which has so far reached 1,102 people, generating 17 engagements (likes, comments and shares).

BACKGROUND

The Six Wee Wordies project was created by See Me Volunteer, Bridget Dickson. Bridget has previously used her love of reading as a catalyst for her work with See Me through her Don't Judge a Book project. Six Wee Wordies explores the role of writing as an accessible medium for talking about mental health and stigma with a limit of just six words per exercise. Volunteers collaborated to produce creative writing about mental health stigma in just six words, supported by a core working group.

PROCESS

The first Six Wee Wordies session was held as part of one of See Me's online anti-stigma sessions in 2020. In addition to sharing their own Six Word Stories, participants discussed attitudes towards mental health, the impact of lockdown and access to mental health services. Following this, Six Wee Wordies evolved into a more traditional workshop format and the facilitation group delivered two further live online workshops to See Me volunteers and to Stepping Stones, a young parents group in North Edinburgh. The stories created during these sessions were shared on social media.

LEARNING FOR THE FUTURE

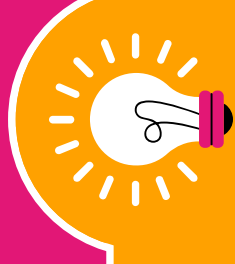
- The working group will have the opportunity to pilot the workshop in person for the first time at Inspiring Life Day in Peebles on 21st May.
- The group will explore how the session can be embedded into work in settings, initially looking at education and young people settings and workplaces.

"I think there is a shared feeling of struggling and general sadness and loneliness and I think people take comfort in not being alone in that."

"Sharing experiences can comfort and liberate."

"Thanks all, inspiring and thought provoking."

"They judged, I fought, they lost."



CROSS CUTTING THEME LIVED EXPERIENCE

This project is a tangible example of how See Me works to empower people with lived experience of mental health problems to develop their confidence to talk openly about their mental health and experiences of stigma and discrimination.

Volunteers are supported to develop their own approaches to tackle stigma and discrimination and share their stories to help normalise mental health and challenge self-stigma.