

## 27.03.25 See Me in Work Webinar: Exploring Long Term and Complex Mental Health Stigma and Discrimination Links and Resources

### Speakers Websites and Links

Bipolar Scotland: [Bipolar Scotland – Advocating and supporting those living with Bipolar](#)



Use the QR code to become a Bipolar Scotland member and receive updates and resources

VOX Scotland: [Vox Scotland | Scotland's national voice on mental health.](#)

Johnstons of Elgin: [Johnstons of Elgin | Welcome to the World of Johnstons of Elgin](#)

### Further Resources and Information

- Scottish Mental Illness Stigma Study 2022 (SMISS): [see-me-scottish-mental-illness-stigma-study-final-report-sep-2022.pdf](#)
- See Me in Work Portal: [See Me in Work | End Mental Health Stigma and Discrimination](#)
- Lets Chat Tool: [use-letschat\\_final\\_001seeme.pdf](#)  
Wellness Action Plan: <https://www.samh.org.uk/get-involved/workplace/workplace-wellness-action-plans>  
Spotlight On Reasonable Adjustments: [see-me-spotlight-on-resource-6.pdf](#)  
ACAS Reasonable Adjustment Information: <http://www.acas.org.uk/reasonable-adjustments>
- Manual of Me: [Manual of Me - discover and communicate how you work best with others](#)
- Personal Stories See Me: [Personal Stories | End Mental Health Stigma and Discrimination](#)
- Employer Case Studies: [Case studies from employers | End Mental Health Stigma and Discrimination](#)
- VOX Scotland Lived Experience Projects: [Projects | VOX Scotland](#)
- Health and Safety Executive Working Minds Campaign: [Working Minds - Work Right to keep Britain safe](#)