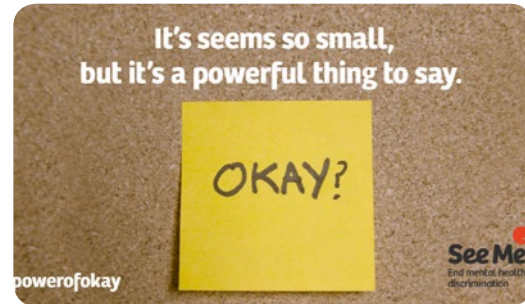


Opening up Conversations

Power of Okay campaign



"Love this new #PowerofOkay video from @seemescotland. Simple, effective way to get the message across."

Walk a Mile

"The idea of Walk a Mile is to get people who don't normally talk to each other to share a mile in each other's shoes. There's no uniforms, no barriers, everyone is on a level playing field. It's about breaking down prejudice one conversation at a time."



Conversations for Change

"I have a greater understanding now of mental health problems, so would now challenge negativity to a person suffering from a mental health problem."

"I am more understanding of how circumstances and others influences can affect ones mental health and therefore hope I am less judgemental regarding other people's circumstances and challenges."

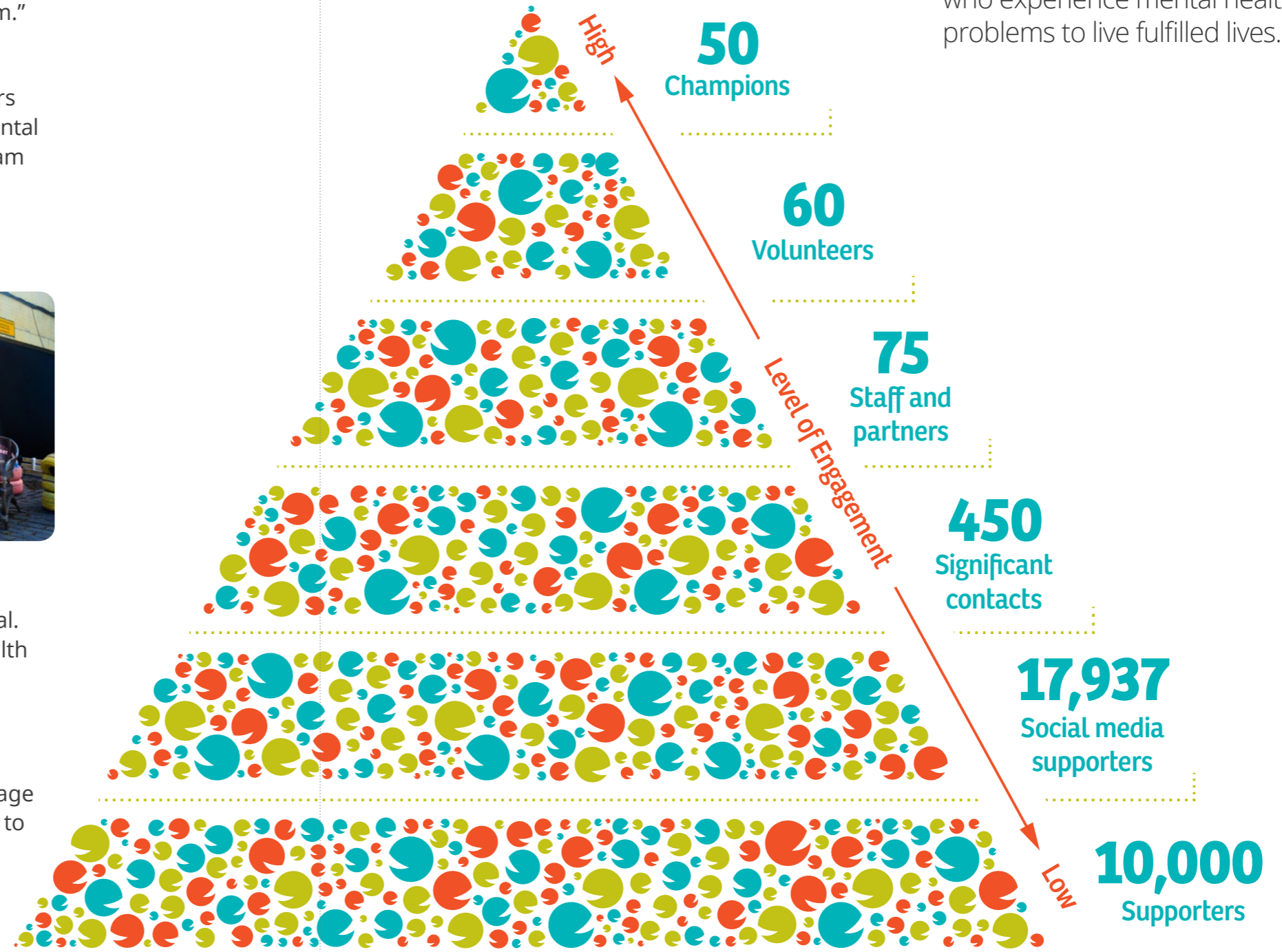


"That first meeting definitely helped. It was quite emotional. I realised that my mental health wasn't that bad and I could progress onto bigger and better things."

"I am careful about the language I use now, although I also try to retain a sense of humour."

Fold me here and take me home.

See Me
End mental health
discrimination



See Me
End mental health
discrimination

SAMH
for Scotland's mental health

M mental
health
foundation

**COMIC
RELIEF**

**healthier
scotland**
SCOTTISH GOVERNMENT

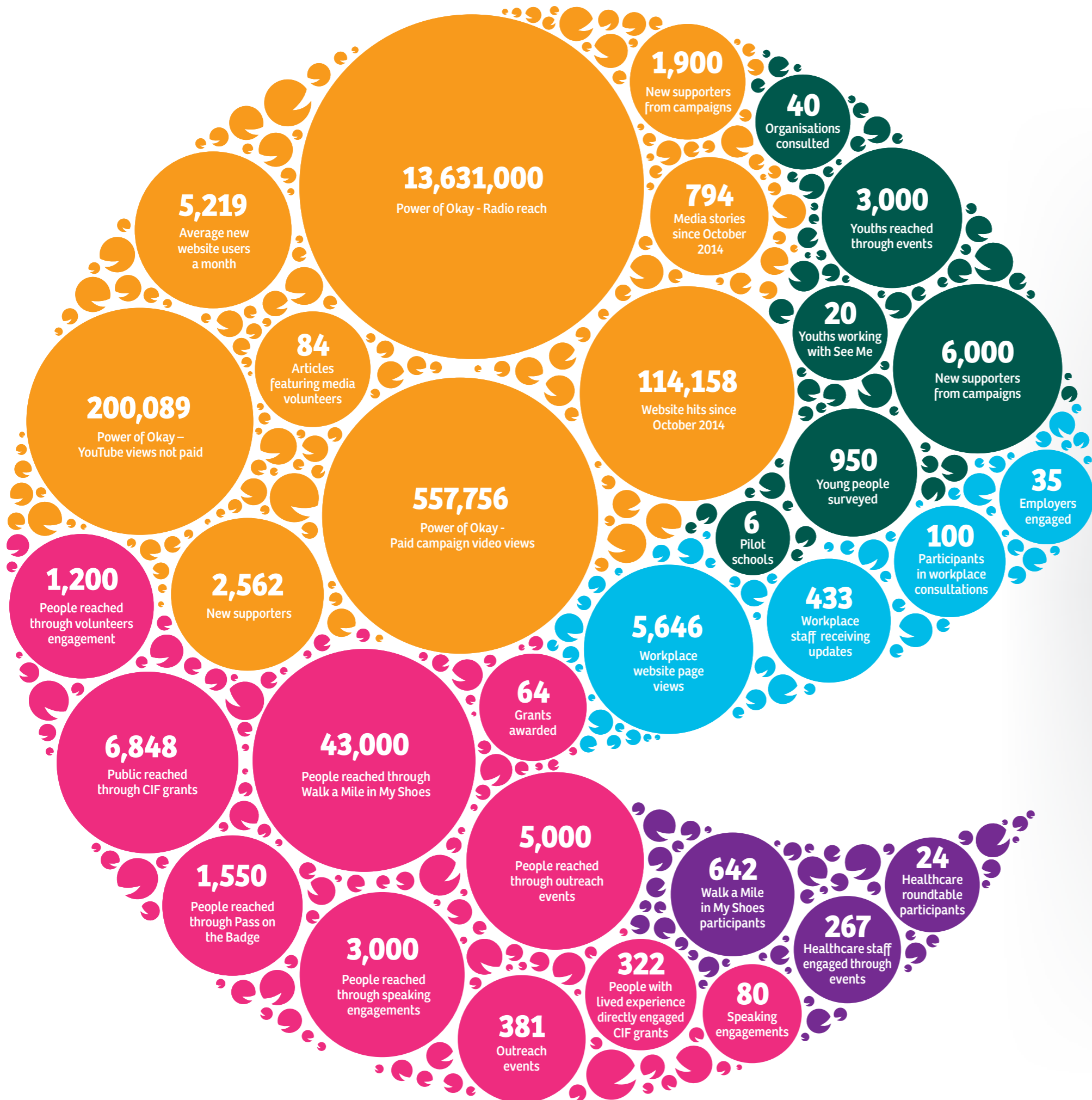
**Managing
Partners &
Fundors**

See Me in Numbers Growing the Movement

Vision:

To end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

See Me in Numbers Growing the Movement



Communications

"Someone posted your ad to Reddit and it's making people open up all over the world."

Communities

"I think this guy is wonderful. I don't know if I would be brave enough to share my experiences with strangers."

Children and Young People

"Prince William and Kate Middleton were very interested, passionate and engaged. They loved everything we have developed and really want to change the stigma and help us take it forward. I think the light they could shine on these issues is fantastic."

Workplace

"I could go for a job interview and not worry about answering questions or covering up 'that lost decade'."

Health and Social Care

"I want people to see mental illness just like any physical illness."