



## **PRESS RELEASE**

### **For Immediate Release**

#### **Search for Mental Health Champions in Aberdeen**

THE NATIONAL programme to end mental health stigma is looking for people in Aberdeen to help make the city a leader in improving attitudes to mental health.

See Me wants train people to be leaders in changing attitudes around mental health as part of the Community Champions programme.

See Me has Champions in various parts of Scotland, who are tackling mental health stigma in a variety of setting and in very different ways. One Champion Richard, from Moffat in Dumfries and Galloway, has started over 10,000 conversations with people about mental health while handing out badges, which can be used to keep conversations going.

Other Champions have held events in their communities, are working with Universities or tackling issues in minority communities.

See Me is looking for Champions, who have personal experience of mental health conditions, who could challenge discrimination in workplaces, in health and social care, with children and young people or by bringing their own ideas to engage their local community.

Eleanor Ogilvie from See Me, who runs the Community Champions programme, said: "Whatever you are passionate about, or whatever motivates you, we can help and support you to use that, to take action against mental health stigma, which can change lives.

"Whether you have an idea for a project, or you want to do something but you're not sure what, through the training we can develop a plan which can help you to make a positive change in your community.

“We really believe that the only way to make a real difference to communities is to have people who know the area leading in making the changes.”

Find out more at <https://www.seemescotland.org/our-movement-for-change/supporters/champions/>.

**ENDS...**

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## **NOTES TO EDITORS**

1. See Me is Scotland’s National programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

### **We do this by:**

- Mobilising people to work together and lead a movement to end mental health stigma and discrimination
  - Working with people to change negative behaviour towards those with mental health problems
  - Ensuring that the human rights of people with mental health problems are respected and upheld
2. Follow See Me on Twitter @seemescotland or find us on Facebook: Facebook/seemescotland or at [www.seemescotland.org](http://www.seemescotland.org)
  3. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief
  4. We work in partnerships with VOX, the Scottish Mental Health Cooperative and the Scottish Mental Health Arts and Film Festival to bring about a meaningful change in behaviours.

