



## **PRESS RELEASE**

### **For Immediate Release**

## **Don't judge a book by its cover**

CHARACTERS from some of the most famous books in history will be the basis of an event about mental health in Peebles next month.

As part of Mental Health Awareness Week (May 8<sup>th</sup>-14<sup>th</sup>), Douglas Whitie of Whities Bookshop is set to host a discussion on the importance of speaking about mental health, looking at books like "A Long Way Down" and "The Curious Incident of the Dog at Nighttime".

The event, on May 8<sup>th</sup>, has been arranged by Peebles mental health activist Bridget Dickson, who recently arranged a successful Walk a Mile event in the town, as part of her role as a Community Champion with mental health organisation See Me.

The event, which is free to attend, will involve looking at mental health through literature and also have three speakers who will share their stories. Suzanne Baines, a See Me champion, and mental health activists, Louise Marie Smith and Richard Monaghan, will present how their lives have been affected by issues with their mental health, and how they cope with difficulties. All now strive to raise awareness of these all too common problems and help remove any stigma and discrimination associated with them.

There will be an opportunity to talk to the speakers, and with a large selection of self help books available, this will be unique chance for open conversations in a safe environment.

In addition to the vast array of books to browse, Freda Douglas, from the Depressed Cake Shop, will also have a selection of her delicious Depressed Cakes available for purchase.

Bridget said: "The more aware we all are of how mental health is as important as physical health, the more likely we are to deal with it effectively. What better environment to discuss mental health, good or bad, than a cosy, well stocked bookshop?"

"We can all recognise well known characters from Literature who have struggled with their mental health, King Lear, Miss Havisham, The Illustrated Mum and even Eeyore! We can all learn from these, and the myriad of other books which involve characters who struggle with their mental health, and perhaps discussion of these can spark conversation about our own?"

"Only too often, poor mental health is disguised behind a smile, a well made up face or a respected job.

"We all know that self care is vital for good mental health, and there could be nothing better than settling down with a good book and a tasty cake."

The event will take place at, Whities Bookshop, Pennels Close, Peebles (just off the High Street), doors will open at 6.30pm and entry is free. Contact [bridget.dickson@seemechampion.org](mailto:bridget.dickson@seemechampion.org) for more information.

**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, <http://seemescotland.tumblr.com/>, <https://medium.com/@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.

