

People like



**will end mental health
stigma and discrimination**

We know that every year, 1 in 4 people are likely to experience a mental health problem. That means that 3 in 4 people can be there to support them.

Take action. Change lives.



End mental health
discrimination

www.seemescotland.org

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stigma and discrimination**

We know that 9 out of 10
people who have had a mental
health problem experience
discrimination in work, education,
health care or at home.

Take action. Change lives.

See Me

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