



**Fancy getting
together for
a chat?**



A few words can help end mental health discrimination.

If you know someone who could do with your support, let them know you want to help. It could be just what they need.

Let us know
your actions and
how you're showing
your support by using
#seemeactions
on Facebook, Twitter
and Instagram

Take action. Change lives.

www.seemescotland.org


See Me
End mental health
discrimination