





Ask someone "how are you?" (and mean it!)



Arrange a meet up with someone you care about

a random act of kindness for



CONVERSATION STARTER

We all have mental health, and any of us could struggle. We want you to get the nation talking about mental health using our conversation starter, wherever you are.



Make a conversation. Make a difference. #timetotalk seemescotland.org

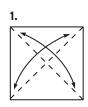


over text with someone Check-in

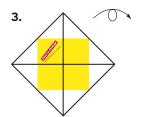


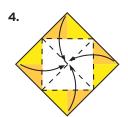


Folding Instructions







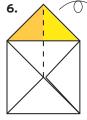


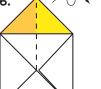


- Pick a circled number and open in alternate directions that amount of times
- Pick a pink number and open alternately that amount of times
- Pick vour final number. open flap and start your conversation

5.









7.



8.



