

# MAKE A DIFFERENCE.

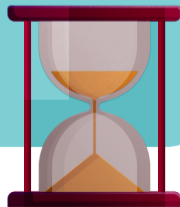


"How are you?"

Showing  
you care and  
just being there  
means a lot.

# 1 DOLLOP OF PATIENCE

With mental health  
there are good days  
and bad days.



# MAKE A CONVERSATION.

Get involved today

 @seemescotland

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[www.seemescotland.org](http://www.seemescotland.org)

  
**See Me**  
End mental health  
discrimination  
proud partner of Time to Change

**time to  
talk day**  
**07/02/19**  
let's end mental health discrimination

We all have mental health, and any of us could go through a period where we struggle. However you do it, make a conversation and show someone you're there when they need you.

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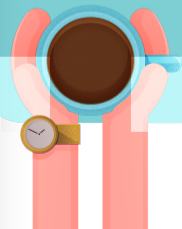
## 1 FRIENDLY EAR (OR 2)

Listening is as important as talking.



## 2 CUPS

Natter over a brew or drop a text. Small actions can make a big difference.



## 0 PRESSURE

You don't have to be a mental health expert to help.

It's not about 'fixing' things, just having a chat.

