

# WALK A MILE

Challenging mental health stigma.  
One conversation at a time.



**Tuesday 14th May**

**11.00am – 1.00pm**

Meet at the Citadel end of the Low Green at the 'Lang Scots Mile'.

End at the Book & Bun in Newmarket Street (KA7 1LR) where hot drinks and cakes are provided.

Come and join in the conversation!

**JOIN US TO WALK AND TALK ABOUT  
MENTAL HEALTH**

**See Me**  
End mental health  
discrimination