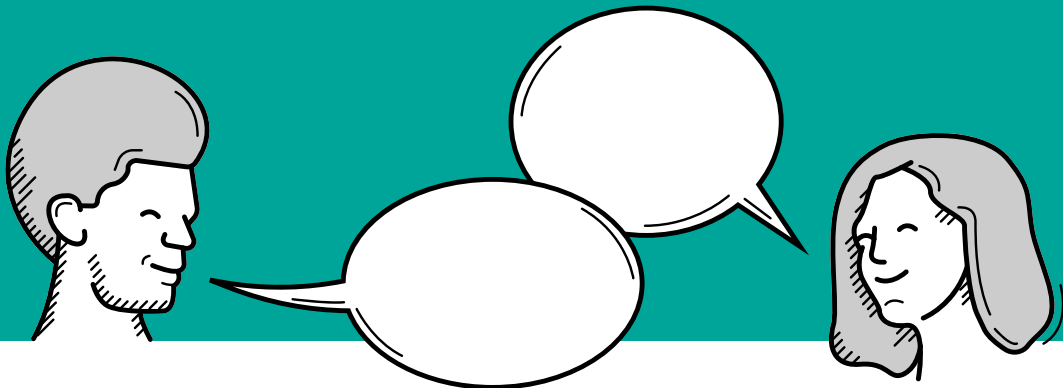


# Walking for wellbeing and good mental health

Feedback



Ending Mental Health Stigma One Conversation At a Time  
Connecting Communities

Was this a safe space to  
talk about mental health?

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Yes

No

Did this walk have a positive  
effect on your mental  
health & wellbeing?

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Would you encourage  
others to walk and talk?

Please share your stories on  
social media

**Paths for All/See Me/SAMH**

🐦 @SAMHTweets /

@seemescotland / @pathsforall

📘 SAMHmentalhealth / SeeMeScotland /  
PathsforAllScotland

📷 @Samhscotland / @seemescotland /  
@PathsforAll