

**time to  
talk day**

**06/02/20**

**See Me** 

End mental health  
discrimination

Choose talk, change lives.  
Together we'll end mental health stigma.

**#timetotalk**

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

WOULD YOU RATHER

**Kiss a jellyfish?**

OR

**Talk to a  
colleague who feels  
all at sea?**



**time to  
talk day**

**06/02/20**

**See Me** 

End mental health  
discrimination

Choose talk, change lives.  
Together we'll end mental health stigma.

**#timetotalk**

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

WOULD YOU RATHER

**Have the neck of  
an ostrich?**



**Talk to a  
friend who's burying  
their feelings?**

**time to  
talk day**

**06/02/20**

**See Me** 

End mental health  
discrimination

Choose talk, change lives.  
Together we'll end mental health stigma.

**#timetotalk**

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



WOULD YOU RATHER

**Be stuck in a  
spider's web?**

OR

**Talk to a friend  
who feels trapped in  
their thoughts?**