

HOW TO PASS THE PARCEL



You don't need to be an expert to talk about mental health, sometimes just showing you care can make a big difference. To open up a conversation about mental health you can use #SeeMePassTheParcel to start talking and challenge stigma.

1. What is it?

Along with our volunteer Dawn we've created #SeeMePassTheParcel, which is a pack that includes items and materials to start conversations around mental health and challenge stigma.

You'll be able to download resources to include in your parcel from our website, as well as gift ideas of your own.

2. How does it work?

The idea is that when you receive a parcel you pass one on to someone else to show that it's okay to talk about our mental health, and that it's important to reach out to others.

Why not start the chain and #SeeMePassTheParcel to your next door neighbour, a colleague or a friend you haven't seen in a while?

3. How do I get involved?

To open up a conversation about mental health head to seemescotland.org, download our resources and create your own parcel. Then send it to a neighbour, friend or colleague and encourage them to do the same.

4. What should I include?

Here are some ideas for items you could include in your parcel.

- Our materials and resources that you can download from our website.
- Handmade 'voucher' for a virtual coffee and catch up together.
- Colouring pages.
- A pin badge.
- Self-care stickers.
- A stress ball.
- Handmade crafts.

5. Why not share on social?

If you use social media you can also share your photos online using #SeeMePassTheParcel @seemescotland and tag others so that they can get involved. A great idea would be to make a video of you opening your parcel or packaging one up to give to someone.

We'd advise against including food in your parcel to protect against allergies.

6. What next?

1. Download resources from our website.
2. Create your own parcel. Then send it to a neighbour, friend or colleague and encourage them to do the same for someone else.
3. Join our 'Growing the Social Movement During Covid' group on Facebook to connect with others.
4. Post a picture of your parcel on social media and tag us @seemescotland #SeeMePassTheParcel.

