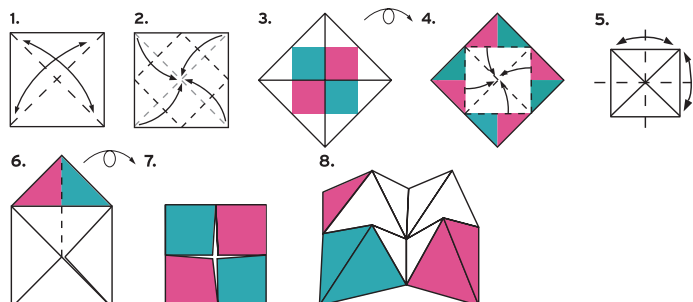


Folding instructions



How to make a conversation starter

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

#TimeToTalk

time to talk day
06/02/25

See Me
End mental health discrimination

See Me is run by

SAMH
Scottish Action for Mental Health

Mental Health Foundation Scotland

Healthier Scotland
Scottish Government

In partnership with

co op