

**Filled with doubt?
Talk it out**

**time to
talk day**

06/02/25



**Get comfortable
and start talking
about mental
health**

#TimeToTalk

**time to
talk day**

06/02/25

See Me 

End mental health
discrimination

#TimeToTalk

In partnership with



#TimeToTalk

In partnership with

SAMH

Scottish Action for Mental Health



Mental Health
Foundation
Scotland



Healthier
Scotland
Scottish
Government

#TimeToTalk