

#TimeToTalk



**A small conversation about
mental health has the power
to make a big difference**

Let's start talking

Together we will end mental health stigma



Let's start talking

Why not take a picture with your postcard and post it on social, tagging @seemescotland saying why you wanted to talk about mental health.



Find out how you can get involved
www.seemescotland.org

Time to Talk Day is run in Scotland by See Me. See Me is Scotland's national programme to end mental health stigma and discrimination.