



Get involved today

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#timetotalk

**Keep it
simple.**

Small actions can make
a big difference. Chat
over a cuppa, take a
walk or send
a text.



**Don't try
and fix it.**

Resist the urge
to offer quick fixes.
Often just listening
is enough.



**Choose talk,
Change lives.**

See Me 

End mental health
discrimination

www.seemescotland.org

We all have mental health, and any of us could struggle.

Choosing to talk about mental health breaks down barriers and can change lives.

time to talk day
06/02/20

Starting a conversation doesn't have to be awkward and it could make a huge difference.

Our tips will help you get started.

You don't have to be an expert.

You don't need all the answers. Just being there means a lot.



Ask questions and listen.

Asking questions shows that you care and want to know how someone's really doing.

