

WOULD YOU RATHER

**Kiss a jellyfish?**

OR

**Talk to a  
colleague who feels  
all at sea?**

Choose talk, change lives.  
Together we'll end mental health stigma.

**time to  
talk day**

**06/02/20**

#timetotalk

[www.seemescotland.org](http://www.seemescotland.org)

**See Me**  
End mental health  
discrimination

## Choose to talk about mental health:

1.

### Ask questions & listen

Ask open questions:

“how does that affect you?”  
or “what does it feel like?”

2.

### Think about the time & place

Sometimes it's easier to talk side by side.  
Try chatting while you're doing something  
else, like walking.

3.

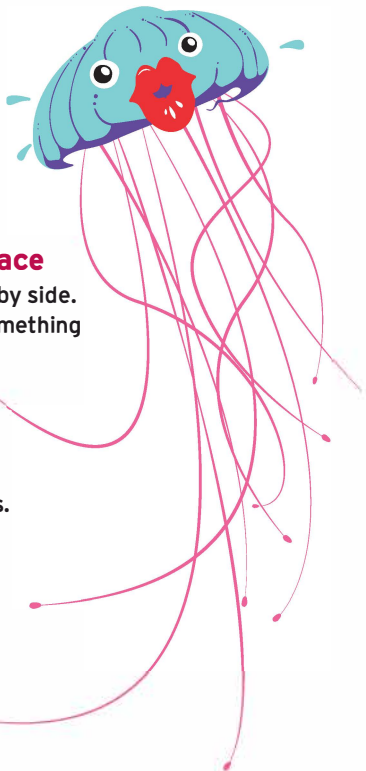
### Don't try & fix it

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

Find out how you can get involved:

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**#timetotalk**



WOULD YOU RATHER

Have the neck of  
an ostrich?



Talk to a  
friend who's burying  
their feelings?

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WOULD YOU RATHER

**Be stuck in a  
spider's web?**



OR

**Talk to a friend  
who feels trapped in  
their thoughts?**

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