

**“IT'S  
ALLLLL  
GOOD!”**

**SOMETIMES MEANS I'M  
STRESSED AND BURNED OUT**

Time to Talk Day is the perfect opportunity  
to start a conversation about mental health

**time to  
talk day**

**01/02/24**

**See Me**  
End mental health  
discrimination

**#TimeToTalk**

See Me is run by

**SAMH**  
Scottish Action for Mental Health



In partnership with



**“Hey!  
How’s it  
going?”**

**SOMETIMES MEANS I’M HERE  
IF YOU WANT TO TALK**

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# “NOT TOO BAD”

**SOMETIMES MEANS I FEEL LOST AND ALONE**

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**“Yeah,  
getting  
by...”**

**SOMETIMES MEANS I WORRY  
ABOUT PAYING MY BILLS**

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