

**“NOT
TOOOO
BAD”**

#TimeToTalk

**SOMETIMES
MEANS
I FEEL LOST
AND ALONE**

#TimeToTalk

**“Yeah,
getting
by...”**

#TimeToTalk

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

#TimeToTalk

**“IT’S
ALLLL
GOOD!”**

#TimeToTalk

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

#TimeToTalk

**“Hey!
How’s it
going?”**

#TimeToTalk

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

#TimeToTalk

**time to
talk day**

01/02/24

See Me 

End mental health
discrimination

#TimeToTalk



**HAVE A
CONVERSATION
ABOUT MENTAL
HEALTH**

#TimeToTalk

In partnership with



#TimeToTalk

In partnership with

SAMH

Scottish Action for Mental Health



Mental Health
Foundation
Scotland



**Healthier
Scotland**

Scottish
Government

#TimeToTalk