



## Who is See Me?

See Me is Scotland's national programme to tackle mental health stigma and discrimination. We know that stigma can be a huge barrier to speaking openly and seeking help for a mental health problem and can create a considerable additional burden for a person experiencing mental health challenges.

We are working towards achievement of The Scottish Government's commitment to create:

*A Scotland where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from stigma and discrimination.*

## Our Vision:

Our Vision is of a Scotland where everyone thrives. We believe that any action to improve people's mental health must consider the impact of stigma and discrimination. To enable people to thrive when it comes to their mental health, we need to ensure they do not experience stigma and discrimination.

Our 5-year strategy [With Fairness in Mind \(2021-2026\)](#) emphasises that tackling stigma requires a system wide change, an agenda that is greater than what See Me can achieve without collaboration. The strategy also recognises we have not done enough to understand how stigma and discrimination are experienced by diverse populations and communities across Scotland, and commits to taking targeted action to address this.

## Our Work:

- Communities and priority groups (CPG): We prioritise understanding and challenging mental health stigma and discrimination (through partnership) from the perspectives of marginalised and minoritised communities.
- Priority settings: We prioritise the settings where people experience greater levels of stigma and discrimination (education, health and social care, workplaces, employment).
- Communications, policy and public affairs: Working alongside national & local campaigns & programmes to add experience and focus on stigma and discrimination.
- Global and UK Anti-Stigma Alliances: We share learning and evidence.
- Lived experience is central to everything we do.

## Priority areas for Communities and priority groups 2023-24:

- Understanding what it means to take an intersectional, anti-racist approach to our work as an organisation and to mental health stigma and discrimination. This includes a strategic equalities focus across See Me, with anti-racist training for all staff and ongoing training, development and critical reflection.
- Carrying out critical reviews of our existing support materials working together with equalities specialist organisations.
- Working in partnership with community-led organisations to understand distinct experiences of mental health stigma and discrimination. For example, young Black and ethnically diverse people, Trans people, and Refugee and Asylum Seekers.
- Gathering and sharing learning about good practice in collaborating with diverse groups to understand and challenge mental health stigma and discrimination.
- Amplifying the anti-stigma work of others in a range of localities.

More about our CPG approach and work can be found in this blog: [Making space for everyone's mental health | End Mental Health Stigma and Discrimination \(seemescotland.org\)](#)



## Our Offer

### See Me Communities and Priority Groups Workshops:

#### **Workshop 1: An Introduction to Mental Health Stigma and Discrimination**

##### What?

1-3 hour participatory workshop.

##### Why?

Though many people experience mental health stigma and discrimination, the concepts are not often broken down and understood in different community contexts. This workshop aims to build upon communities and organisations understandings and experiences of mental health stigma and discrimination, create a space to examine the impacts and build capacity around tackling it.

##### How?

This workshop has a flexible format that can be tailored to groups dependent on need. It aims to explore what mental health stigma and discrimination are, how different people experience them and how we can all contribute to ending them. It can cover:

- What is mental health stigma and discrimination
- What part does power play within this
- What are the impacts
- What works to tackle it
- How do we address it in our communities
- What role does lived experience play within all of this

##### Previous participant feedback

*“Great training session, as mentioned in the meeting, the first training I have felt like I have learned new skills in order to better my contributions to the Lived Experience Team”* [Participant from Fife Voluntary Action’s Lived Experience Team].

## Workshop 2: It's Okay to Talk

[It's Okay to Talk | End Mental Health Stigma and Discrimination \(seemescotland.org\)](https://seemescotland.org)

### What?

2 hour participatory workshop.

Facilitation pack available/facilitated sessions also provided



### Why?

Though many people would like to speak more openly about mental health with friends, family and colleagues, we know that there is still a barrier to opening up these conversations. This hesitancy can be caused by previous experiences of stigma and discrimination, fear, lack of confidence or discomfort, for example.

### How?

The Its Okay to Talk workshop is a simple idea, taking a conversation about mental health and breaking it down into 4 parts (Is now a good time? Getting Started, Listening & Reporting and How do you feel now?). It provides an opportunity to practice what a real, natural, jargon-free conversation might look and feel like for people, and what might create barriers at different stages. There are no right or wrong answers for how to approach these conversations but this workshop provides reflective space to think about what would feel comfortable.

The majority of participants report greater confidence in opening up conversations about their own mental health and someone else's mental health after sessions. These sessions can be tailored to individual group needs because we know that people have different ways of talking about their experiences. Time can be built in for working with interpreters and making necessary adjustments.

### Previous participant feedback:

"Today's session was very interesting, [I] learnt about the varieties of stigma and also it helped to develop my confidence level, and try to help others and also how I can be me to think and myself. Thank you!" [WSREC participant]

## Workshop 3: Six Wee Wordies

### What?

30 minute -1 hour participatory workshop



The Six Wee Wordies workshop uses six word stories to explore different experiences and feelings around mental health and stigma in as safe and enjoyable format. Through the session, participants are invited to create their own 'six wee wordies' in responses to different prompts.

### Why?

Six Wee Wordies sessions support and encourage people to write creatively about the things in their life that relate to mental health. When we can express the things we are feeling and experiencing in a safe and supportive setting it helps to strengthen feelings of connection, break down fears and help greater understanding. This can help to challenge stigma and discrimination.

### How?

These six wee wordies can form either small poems, simple sentences or lists of words, which helps to keep the workshop as accessible and comfortable as possible.

These sessions can be tailored to the group needs because we know that people have different ways of talking about their experiences. Time can be built in for working with interpreters and making necessary accommodations.

### Previous Participant Feedback

Feedback reflects that participants find the session both thought provoking and enjoyable.

*"The power of only having 6 words is that participants are learning to give their thoughts and feelings clarity, while also having to explain why they chose the 6 words. It is helping them build and develop important tools for introspection and emotional processing."* [ILFA project feedback]

## Workshop 4: A World without Stigma



### What?

1 - 1.5 hour participatory workshop.

Participants are given the opportunity to depict a future world through drawing and writing.

Beginning in this way makes the workshop deliberately future-focussed and optimistic.

### Why?

While living in a world with stigma, imagining a world without stigma can be a bit difficult but not impossible. There is strong evidence that creative processes can be a particularly impactful way to tackle mental health stigma, including self-stigma, and open up valuable conversations about mental health.

### How?

This creative workshop currently in development invites participants to begin by describing the imagined future of a world without stigma. People get together and create their own version of a world without stigma on long rolls of paper.

We then go on to explore the 'barriers' and 'enablers' that exist to hinder or help our path to a world without stigma. This workshop is explicitly intersectional, taking the approach that all forms of stigma are interlinked and mutually reinforcing.

### Previous participant Feedback

Feedback shows that participants felt hopeful and re-invigorated after taking part in this workshop.

*"It makes me believe in a world without stigma and we can get there" [SMHAF workshop participant].*