

**time to
talk day**
03/02/22

See Me
End mental health
discrimination



T₁ A₁ L₁ K₅

Listen

change lives

1 in 4 of us will experience a mental health problem in any given year.

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.



Get involved today
#TimeToTalk

seemescotland.org

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