

See Me Resources

- **Let's Chat** – Concise, practical tool to help managers and employees have better mental health conversations. Produced as part of the Workplace Equality Project, the tool content was developed alongside See Me volunteers with successful professional lives and lived experience of mental health problems. <https://www.seemescotland.org/workplace/resources-and-e-learning/>
- **What's On Your Mind** – Built around the four capacities outlined in the Curriculum for Excellence, this pack supports teachers and young people to learn about mental health and develop the skills and confidence to tackle stigma and discrimination in school and the wider community. It includes **Feels FM** <https://www.seemescotland.org/resources/campaign-resources/feelsfm/> is the world's first emoji powered jukebox for mental health allowing people to express how they're feeling using music as a positive coping strategy.
- **Time to Talk Day** – Time to Talk day aims to get people all around the country talking about mental health. All four of the UKs anti-stigma programmes get together to challenge discrimination by getting people everywhere to have conversations. Time to Talk day happens on the first Thursday every February. <https://www.seemescotland.org/movement-for-change/campaigns/time-to-talk/time-to-talk-day-2021/>
- **Communities Can** – Contains information, session plans, tools and resources which can be used to tackle mental health stigma and discrimination. It has been made by people with lived experience of mental health problems and See Me. This pack is useful for everyone in any type of community. <https://www.seemescotland.org/resources/campaign-resources/>
- **Pass the Badge** – You can start talking about mental health by finding a photo which means something to you and uploading it to passthebadge.co.uk to put our digital badge on. Then share it on social media with a story about why you think it's important to start talking about mental health. Then tag a couple of people, ask how their mental health is and get them to share their own badge picture. <https://www.seemescotland.org/movement-for-change/campaigns/pass-the-badge/>
- **Walk A Mile** – The idea is that people get paired up with someone they don't know, using different colour t-shirts, and then walk a mile together speaking about mental health. The activity was created by See Me and Chris McCullough Young, inspired by his walk around the UK to tackle mental health stigma. <https://www.seemescotland.org/movement-for-change/campaigns/walk-a-mile/>

- **Power of Okay** – Support for anyone is a matter of encouraging and nurturing communication and discussion. Start by asking 'are you okay'?
<https://www.seemescotland.org/workplace/tackling-discrimination-at-work/campaigns-and-activities/>
- **E-Learning** – Mental health awareness should be a priority for all managers and staff. Recognising staff needs from understanding mental health, rights and how to speak openly about mental health is essential. Learn more about how mental health stigma and discrimination impacts people in work.
<https://www.seemescotland.org/workplace/resources-and-e-learning/>
- COVID 19 related messages, resources and links to support people to know it is ok to talk about mental health during COVID.
<https://www.seemescotland.org/resources/covid-19-messages/>
- Information for staff working in Health and Social Care settings.
<https://www.seemescotland.org/health-social-care/information-for-people-working-in-health-and-social-care/>
- Information for people accessing Health and Social Care settings.
<https://www.seemescotland.org/health-social-care/information-for-people-using-health-and-social-care/>

All of these are available at <https://www.seemescotland.org/resources/>. They also have a **YouTube** channel where you can access films about anti-stigma and discrimination projects, lived experience testimony and campaign videos.