

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. [See Me | Tools and Packs \(seemescotland.org\)](https://www.seemescotland.org/see-me-tools-and-packs/)
- **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** 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. [What's on your mind \(seemescotland.org\)](https://www.seemescotland.org/whats-on-your-mind/)
- **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 [seeme communitiespack a4.pdf \(seemescotland.org\)](https://www.seemescotland.org/seeme-communitiespack-a4.pdf)
- **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. [Pass the Badge | End Mental Health Stigma and Discrimination \(seemescotland.org\)](https://www.seemescotland.org/pass-the-badge-end-mental-health-stigma-and-discrimination/)
- **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. [Walk a Mile | End Mental Health Stigma and Discrimination \(seemescotland.org\)](https://www.seemescotland.org/walk-a-mile-end-mental-health-stigma-and-discrimination/)
- **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/>