

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**, 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)
- **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'? [Power of Okay | End Mental Health Stigma and Discrimination](https://www.seemescotland.org/power-of-okay-end-mental-health-stigma-and-discrimination)
- **Workplace Resources** – 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/>
- **Health and Social Care** - Stigma and discrimination within health and social care settings can have an immediate negative impact on a person's access to and experience of services, and in the long term it can be detrimental to their recovery and put them off seeking help and support in the future. Learn more: [Health & social care | End Mental Health Stigma and Discrimination](https://www.seemescotland.org/health-social-care-end-mental-health-stigma-and-discrimination)
- **Young People** - Information for young people, information for adults in young people's lives and resources which everyone can use. [Young people's mental health | End Mental Health Stigma and Discrimination](https://www.seemescotland.org/young-peoples-mental-health-end-mental-health-stigma-and-discrimination)