

time to talk day, 1st feb

end mental health discrimination

Become part of the national discussion to reduce stigma and help end discrimination against mental health

"Stigma around mental illness hasn't gone away. People still believe that mental illness isn't an illness, that it's the sufferer to blame for feeling that way because how can your mind control the way you feel-it's surely the person who controls it? Wrong." – Paula Swan <https://www.seemescotland.org/>

As part of see me Scotland's drive to end stigma, we at Cairns are joining in a day of discussion by holding an open drop in session to provide a space for anyone and everyone to talk.

Around one in three people are estimated to be affected by mental illness in any one year. Improving mental health is a priority for the Scottish Government.

<http://www.gov.scot/>

There will be no agenda, as it is intended to provide the opportunity to talk about anything related to mental health, without judgment or expectation.

- Come for part or all of the session ,
- Ask questions, share your experience or just listen to others,
- Pick up some information for yourself, or for others who are unable to attend.

Thursday 1st Feb, 5.30-7.30pm
Cairns Counselling, 27 Huntly Street