



Start the conversation

Start a conversation about mental health

With a friend, family member or work colleague

Small things make a big difference

Ask someone how they are doing or go for a coffee

Talk, but listen too

Simply being there means a lot

Don't just talk about mental health

Chat about everyday things

Educate yourself

Visit www.seechange.ie to find out more about how we can all combat stigma



www.seechange.ie



See Change is a project of:



We are funded by:



Connecting for Life



THERE IS NO SHAME IN HAVING A MENTAL HEALTH DIFFICULTY



The Green Ribbon
symbolises an
openness to have
conversations about
mental health

Wear your ribbon to
help end mental
health stigma and
discrimination

www.seechange.ie



See Change is a project of:



We are funded by:

