

Let's TALK Project

SAMH's Let's TALK Project is looking to tackle stigma and discrimination against people experiencing poor mental health and help signpost people to local support services.

Do you, or someone you know, want to find out more to maintain their mental wellbeing?

Are you someone who could volunteer and would like to help create safe spaces for people to have positive conversations around mental health and support people in finding other aids to recovery?

Are you a charity or an organisation that can provide advice and support around issues such as health and wellbeing, equal opportunities, employment, learning or finances?

SAMH would love to hear from you.

For more information on the SAMH Let's TALK project please contact Emma Straughan, Let's TALK Project Facilitator on the contact details below.

Email: Emma.Straughan@samh.org.uk

Mobile: 07595 244 761

Insert SAMH logo

