

***Are you between 12-25 years old?***

***Do you want to make a difference for you and other Young People?***

***See Me is looking for Young people's opinions on mental health stigma and discrimination.***

Some of our greatest hope for the transformation of views on mental health comes from the next generation – **You!** We all have the potential to change the culture of Scotland to make it a fairer and more inclusive society for all.

See Me is carrying out this survey to inform our understanding of what young people need in order to be able to talk about mental health and challenge stigma and discrimination. This is an opportunity for young people to have their voices heard and to be the change they want to see.

Mental health stigma is about disrespect, it's the use of negative words to identify a person living with mental illness. Stigma is a barrier and stops people from getting the help and support they need due to the fear of being discriminated against.

This information from this survey will contribute towards directing our work to end mental health stigma and discrimination.

**Fill out the survey here <https://www.surveymonkey.com/s/SeeMeCYP>**

**Please complete the survey by 3<sup>rd</sup> April 2015**

If you have any questions about this survey please contact Laura Sharpe Project Officer for Children and Young People at [laura.sharpe@seemescotland.org](mailto:laura.sharpe@seemescotland.org)

Thank you for taking the time to complete this survey.

