

We all have mental health, and any of us could struggle.

Choosing to talk about mental health breaks down barriers and can change lives.

time to talk day

06/02/20

Choose talk, change lives.
Together we'll end mental health stigma.



www.seemescotland.org

Get involved today!

Go round the gallery with this in pairs or groups, and talk about what you think.



Let us know which pictures you've chosen, by tagging us on social media.

 @seemescotland

 /seemescotland

 @seemescotland

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#timetotalk

WOULD YOU RATHER

Pose for a life drawing class?



OR



Talk about how you are feeling?

time to talk day

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AT THE SCOTTISH
NATIONAL PORTRAIT GALLERY

Let's talk
about...

ART



Alan Cumming by Christian Hook 2014

- ? What can you see in this portrait?
- ? How can art help you talk about mental health?
- ? How can art help to express feelings that are too hard to say?
- ? Would you rather talk about art, or how you're feeling?

Let's talk
about...

JOY

- ? Can you find a portrait that makes you feel Happy?
- ? Why do you think it makes you feel this way?
- ? If you were to paint a portrait of JOY who would be in it?
- ? What would be in it?

Let's talk
about...

HOPE

- ? What does Hope look like?
- ? Can you find a portrait with a Hopeful person?
- ? What does Hope feel like?
- ? What makes you feel Hopeful?

Let's talk
about...

FEAR



Three Oncologists by Ken Currie 2002

- ? How does this portrait make you feel?
- ? Why do you think it makes you feel this way?
- ? What makes you feel Scared or Anxious?
- ? What do you do when you feel Scared or Anxious?