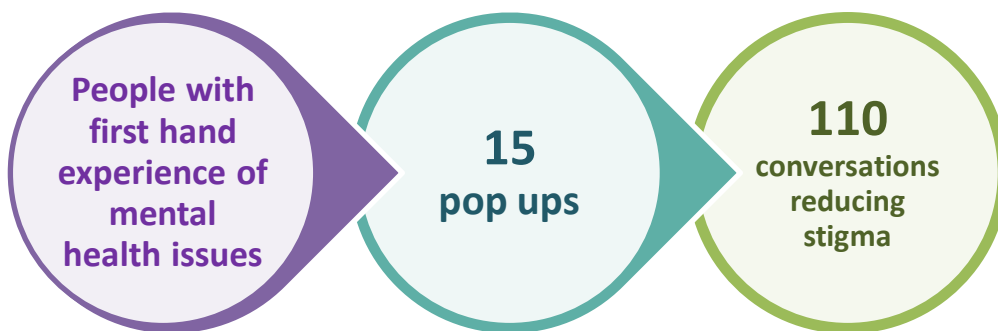




October 2015 – March 2016



Don't Bottle It was created in collaboration with See Me, the national programme to end mental health discrimination. During **October 2015 – March 2016 POP UP teams** of people with first-hand experience of mental health conditions engaged members of the public in discussions about mental health.

The project was undertaken to help improve the current stats, which show that nine out of ten people who experience mental health problems have experienced stigma and discrimination. To make sure we made a difference we popped up in places where mental health isn't often addressed, such as libraries, workplaces, community centres and in areas where high levels of mental health issues exist, as well as gatherings of groups who are harder to engage, such as men.

