



# SEE ME... SUPPORTED

A TIME TO TALK DAY SPECIAL MINI-ZINE

'SEE ME...' ZINE | ISSUE #4 | FEBRUARY 2021  
A **QUEER** COMMUNITY COLLABORATIVE ZINE  
EXPLORING MENTAL HEALTH + **QUEER** IDENTITY



**See Me**  
End mental health  
discrimination  
**Proud**

**FREE**

#TimeToTalk



time to change  
**time to  
talk day**  
04/02/21

**A small conversation  
about mental health  
has the power to  
make a big difference**

**Let's start talking**  
Together we will end mental health stigma

Get ready to explore and hear us roar, "It's issue four!" (*of our 'see me...' zine*) We are See Me Proud, a team of LGBTQIA+ Community Champion volunteers based in Scotland seeking to challenge mental health stigma and discrimination within the LGBTQIA+ community. Curious about what we do? Find us on Facebook, Instagram & Twitter @SeeMeProud.

This special mini-zine is inspired by Time To Talk Day 2021 and the focus this year of 'The Power of Small'. How little things we do can make a big difference to ourselves and others. We know that every day is time to talk about mental health, and Time To Talk Day shines a spotlight on that.

Inspired by a question posed to us from our parent org See Me Scotland (*thanks Nick*), we asked our Queer community to tell us in one sentence something small that someone else had done for them that has helped them when they were struggling with their mental health.

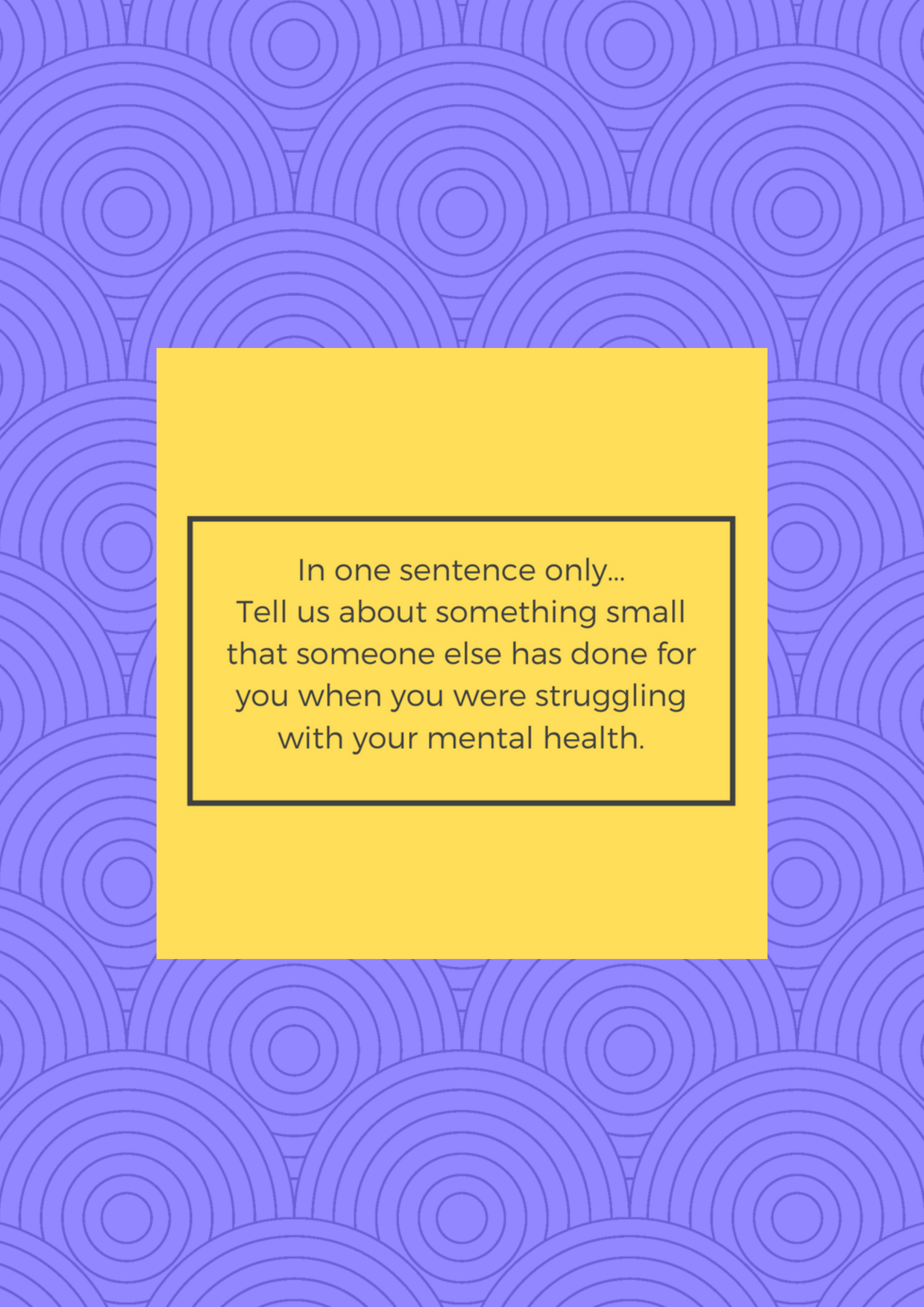
Thank you so much to everyone who responded. We hope that by sharing these kind gestures, we all might be inspired by them, use them to help others, and also recognise the people that make a difference in our lives.

If you're reading this thinking you'd like to get involved in future issues of our Queer collaborative zine, please keep checking our social media pages for submission requests. We'd love to hear from you.

See Me Proud is a project powered by  
See Me Scotland and LGBT Health and Wellbeing.





The image features a repeating pattern of purple concentric circles on a light purple background. In the center, there is a solid yellow rectangular box with a thin black border. Inside this box, the text is centered and reads: "In one sentence only... Tell us about something small that someone else has done for you when you were struggling with your mental health."

In one sentence only...  
Tell us about something small  
that someone else has done for  
you when you were struggling  
with your mental health.

**"A FRIEND SEEING I WASN'T  
QUITE RIGHT, INSTEAD OF  
ASKING "HOW ARE YOU?"  
TO WHICH I WOULD'VE SAID  
"FINE!", ASKED "TELL ME  
HOW YOU'RE FEELING?" AND  
THAT ALLOWED ME TO OPEN  
UP AND TALK ABOUT IT."**

**"A FRIEND PHONED  
ME EACH DAY TO  
CHECK UP ON ME"**

**"SPOKE TO ME UNTIL I  
FELT BETTER."**

**"WAS THERE WITH ME,  
MAKING ME FEEL SAFE,  
WHILST I CRIED  
PROPERLY FOR THE  
FIRST TIME IN YEARS."**

**"MY QUEERPLATONIC  
PARTNER SENDS ME CUTE  
WEBCOMICS HE FINDS TO  
MAKE ME SMILE AND  
REMIND ME THAT HE'S  
THERE FOR ME."**



**"AT A PARTICULARLY LOW POINT, LET ME KNOW THEY WERE THERE AND THINKING OF ME BY SENDING A SMALL DAILY MESSAGE MAKING IT CLEAR THERE WAS NO OBLIGATION TO REPLY."**

**"A FRIEND SENT ME A  
LOVELY POSTCARD  
DURING LOCKDOWN AND  
IT LIFTED MY MOOD."**

**"TOUGH LOVE WAS BEST FOR ME AS I WAS GOING DOWN A BAD PATH, BAD CHOICES AND BEING DANGEROUS, HOWEVER ONE OF MY FRIENDS WAS TOUGH WITH ME, LAID OUT EXACTLY WHAT WAS WRONG AND HELPED ME TO SEE RIGHT."**

**"SIMPLY BEING LISTENED TO  
WITHOUT BEING RUSHED."**

**"WATCHED A MOVIE  
WITH ME."**

**"MADE ME A LOVELY CARD WITH  
SOME KIND WORDS AND A  
PROGRESS PRIDE FLAG,  
REMINDING ME THAT OUR  
COMMUNITY IS STILL OUT THERE."**



**"SIMPLY CHECKED  
IN BY SENDING A  
CUTE GIF."**

**"GAVE ME SPACE TO  
TALK ABOUT WHAT I  
NEEDED TO, WITHOUT  
JUDGEMENT."**

**"MY LITTLE SISTER AND MY  
NIECE VIDEOCALLED ME TO  
HAVE A VIRTUAL DINNER  
NIGHT TOGETHER."**

**"THEY CAME TO SEE ME AND/OR  
PHONED WHEN I SAID I NEEDED  
SOMEONE TO TALK TO; THEY  
WERE JUST THERE WITH ME,  
LISTENING TO ME, WALKING  
WITH ME, SITTING WITH ME -  
GENERALLY JUST KEEPING ME  
COMPANY BECAUSE SOMETIMES  
JUST BEING EXPLICITLY TOLD OR  
SHOWN, WHETHER IN PERSON  
OR VIRTUALLY, THAT YOU ARE  
NOT ALONE BECAUSE SOMEONE  
CARES ABOUT YOU AND IS THERE  
FOR YOU IS ENOUGH."**

**"A FRIEND TOLD ME  
I WAS FUNNY...  
AND I MADE THEM SMILE  
(WHEN I FELT LIKE CRAP)."**

**"MADE TIME FOR ME."**





# LGBT Helpline Scotland

Information and support for lesbian, gay, bisexual and transgender (LGBT) people, those questioning their sexuality or gender identity and their families, friends and supporters

Tuesdays and Wednesdays, 12-9pm  
Thursdays and Sundays, 1-6pm

 **0300 123 2523** 

 [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

 [www.lgbthealth.org.uk/livechat](http://www.lgbthealth.org.uk/livechat)

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)  







**THANK YOU  
FOR CHECKING OUT  
OUR WEE ZINE**