

FREE

see me... self-care [a photo zine]



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

'SEE ME...' ZINE | ISSUE #5 | APRIL 2021  
A **QUEER** COMMUNITY COLLABORATIVE ZINE  
EXPLORING MENTAL HEALTH + **QUEER** IDENTITY

Welcome to **issue five** of our 'see me...' zine. We're See Me Proud, a team of LGBTQIA+ Community Champion volunteers in Scotland seeking to challenge mental health stigma and discrimination within the LGBTQIA+ community. You can find us on [Facebook](#), [Instagram](#) and [Twitter](#) @SeeMeProud.

This issue is a photo zine. We asked our community to send in a photo of something they do for self-care, in the knowledge that it's a very unique thing for each person. What are those little things that you do for yourself that have a positive impact on your mental and physical health, or keep you feeling connected? **THANK YOU** to everyone who sent in a photo. We hope these photos might inspire someone to try something new, or realise that something they are already doing is self-care, and that there is power in that.

By producing this collaborative, submissions based zine we hope to provide a creative outlet bringing together our experiences. A place to explore our Queer identities and mental health in our own words and images. We love that sharing part of our stories in a zine can be cathartic and healing for the creator, but also the reader where they can feel understood or less alone.

Zines can smash self-stigma through people writing, drawing, and creating things about themselves, and also through having access to representation of other real people like them. They can smash stigma in general by allowing readers into the world of others, building empathy and understanding.

We love and embrace the zine ethos that we don't necessarily have to be artistic, a writer or a poet. Zines are for **everyone**. We're newbies to the zine game and constantly learning. Any tips most welcome! Future zine themes will be announced on our social media pages. We'd love you to get involved.

Much **love**, the See Me Proud team. **XXXXXX**



The **See Me Proud** project is powered by



One of the **best things**

we have done to care for ourselves and each other was to get married on the 14th March 2020 - in the 11th hour before lockdown.



Whilst some expected guests didn't attend, we still celebrated with 100+ of our community albeit with a no-contact ceilidh after the ceremony.

Another fabulous way of self-care is playing Rummikub and laughing a lot, often at our own silliness.



Sylvia and Cornelia

At the weekends in the morning  
I like to cosy in my PJs with my cat Isla snuggling on my lap.



Abbie Gladwin



Whenever I feel overwhelmed, or even underwhelmed, I **look at the sky**. I try to take a photo every day, even if it's nothing special. I sometimes take them from my window but I like going outdoors, especially to the sea.





The sky and the sea remind me that the world is so much bigger than whatever is causing me pain or boring me to tears right now. I also have trouble trusting, and it's good to know that I can trust that the sun will rise and fall each day, even after I am gone.



Lish K



Self care = weighted blanket plus cute foster dog cuddles





Last summer was the first time I've ever grown any veg and it was amazing for my mental health over lockdown / Covid restrictions.

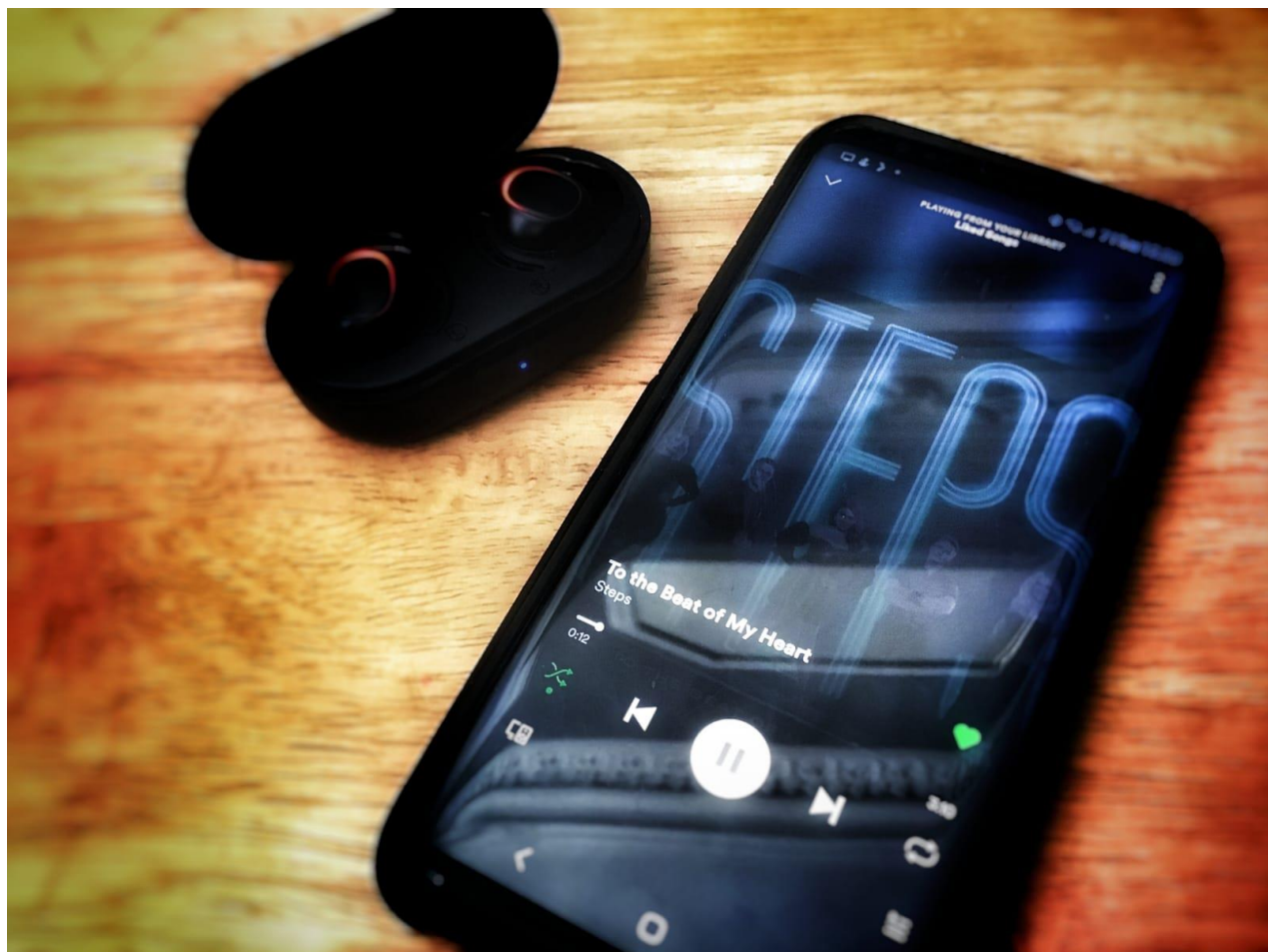
Even the process of walking down to the garden each day and checking on their progress encouraged getting fresh air and a focus on something other than Covid.

Jules



BLUE SKIES, spring colour and fresh air!

Music helps isolate my mind,  
block some intrusive thoughts  
and help regain my composure.

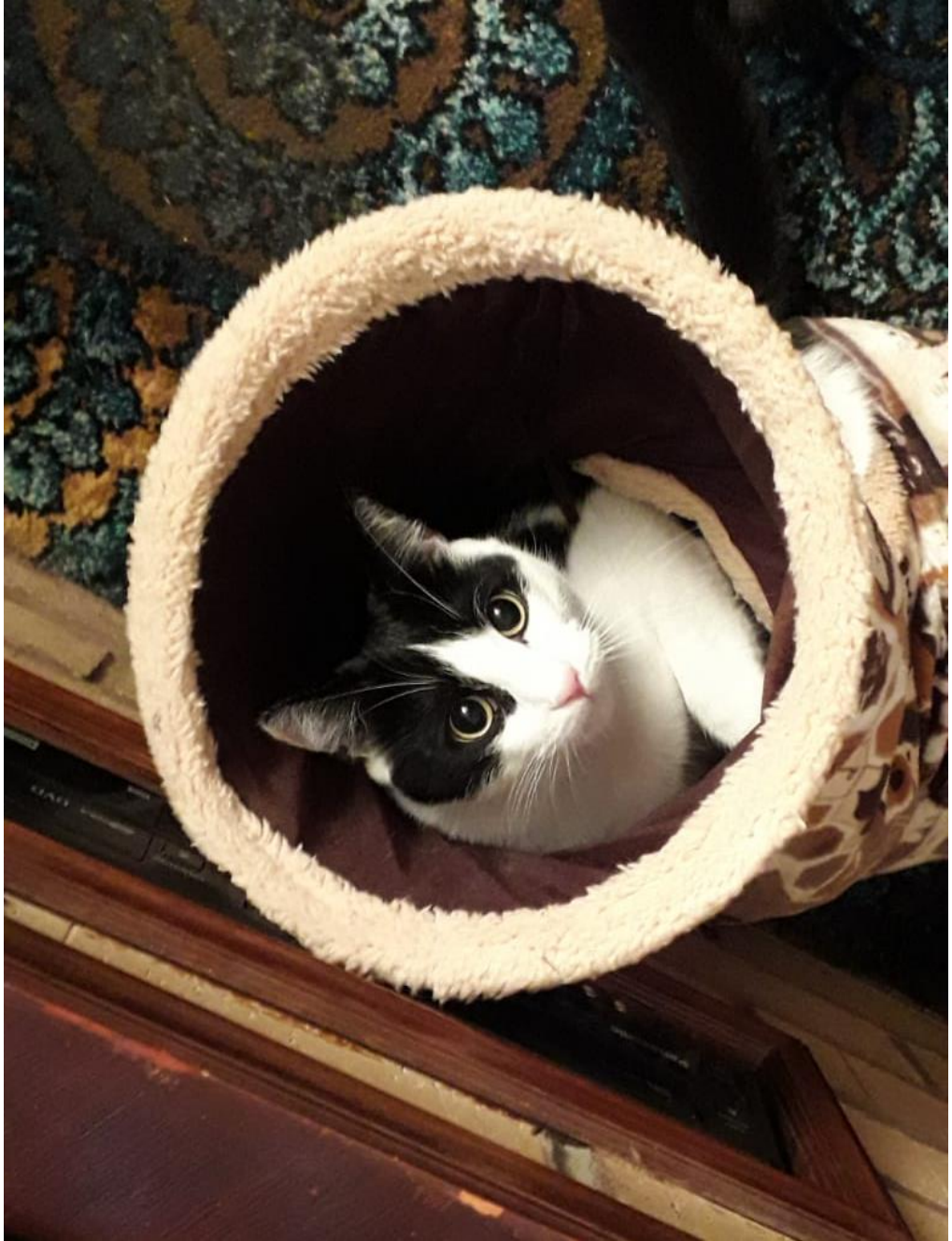


Shiantostar

MAKE  
ART



Jerry



Bod.  
Everyone should have a Bod.  
A Bod's a Bod for aw that... and a cat.  
Bod.

Chris





Angela

**Two things**  
generally help me with mental health:



Gardening, which I find very relaxing, and...



...my little pal Smudge.



AI



"FABULOUS  
SECRET POWERS  
WERE REVEALED TO ME  
THE DAY I HELD ALOFT  
MY MAGIC SWORD!"

Feeling connected by combining community and nostalgia, whilst realising **just** how queer 'He-Man and The Masters of the Universe' and some other 80s cartoons were!

Drew



# 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 reading our wee zine.

If you'd like to be part of future See Me Proud collective zines, any upcoming themes are announced on our social media pages. We'd be so happy if you got involved.

And try and remember...

you deserve those self-care moments 

