

Sun, April 18, 2021

SPEAK



SPEAK, this is me
Stigma **P**revention (through) **E**ducation, **A**dvocacy and **K**nowledge

SPEAK is a voice for young people aged 13-25 years old who are affected by, or passionate, about speaking out, campaigning and raising awareness of mental health issues.

SPEAK is the first group advocacy project in Scotland to give voice to the lives, wishes and experiences of young people dealing with emotional and mental health issues.

We are part of **HUG** (Action for Mental Health). **HUG** is a network of some 400 people from across the Highlands who all have personal experience of mental health issues. HUG works on a local, Highland, national and European level to influence policy and planning and to ensure that the voice of people with a mental illness is heard clearly in campaigning for justice, rights and equality.

Further Information and Contact Details

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