

## **[See Change \(https://www.activelink.ie/node/92415\)](https://www.activelink.ie/node/92415)**

Our vision is that of an Ireland where every person has an open and positive attitude to their own and others' mental health.

### **Mission Statement**

*"See Change is working positively to reduce the stigma and discrimination associated with mental health problems and to ensure that everyone enjoys the same rights on an equal basis."*

### **Our Values**

#### **Equality**

People affected by mental health problems are entitled to the same human rights as everyone else in society without discrimination.

#### **Inclusivity**

Our work is inclusive of the voices of lived experience. We work closely with our ambassadors to create a disruptive social movement to end mental health stigma.

#### **Empowerment**

We endeavour towards a society where people with lived experience of mental health difficulties can live self-determined lives free from stigma and discrimination.

#### **Openness**

Our work is accessible, understanding and compassionate.

#### **Dignity**

Our actions are driven by the desire to maintain, promote and enhance the lives of all.

### **Contact Info**

#### **See Change**

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