

[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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