

## How to take part in the **Wee Pink Dot** challenge

1. Grab something pink - a pink pen, lipgloss, highlighter or anything you can find!
2. Draw a **Wee Pink Dot** on your hand - use this as a symbol and reminder to **Show Up** for people you can be there for
3. Take a video or photo of your **Wee Pink Dot** - explain why you're taking part in the campaign
4. Upload it on your socials - tag SAMHScotland and use #WeePinkDot. Nominate three friends to take part next!

If you don't have social media, send us your video on [campaigns@samh.org.uk](mailto:campaigns@samh.org.uk) instead.

### Filming tips

- You don't need any fancy equipment – just use your phone.
- If you have someone else around, you can ask them to help you record your video.
- If you are doing it by yourself, you could set your phone in selfie mode and lean it upright against something so your hands are free to draw your Wee Pink Dot.
- Record in portrait mode, and facing the direction of a window or light (or even better, film outside if you feel comfortable enough to do so.)
- Hold up your hand with your Wee Pink Dot visible!
- Give your video a quick listen back to make sure there's no loud or distracting noises in the background.
- If you prefer, you can take a photo instead using the same tips above.

**WEE  
PINK  
DOT**

**SAMH**  
Scottish Action for Mental Health