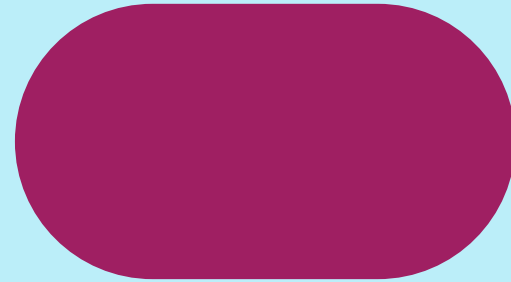




# Mental Health Ireland

Educating, Empowering & Connecting Communities



# Mental Health Ireland

As the longest running national mental health charity in Ireland, established in 1966, we:

- Promote Mental Health, Wellbeing and Recovery
- Work in Coproduction
- Have 10 Development Officers and 32+ Member organisations nationwide
- Have Peer Recovery and Education Staff
- Staff dedicated teams in Mental Health Promotion, Training & Education, Communications & PR, and Fundraising
- Partake in National, European and International Networks



Our Mission is to educate, empower, and connect communities, creating a culture where everyone is treated with respect and supported, especially when our mental health is challenged.



# What are the Five Ways to Wellbeing?



# Our Annual Campaigns



## Hello, How Are You?

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Hello, How Are You? is a campaign on May 15th about connecting with those around us and engaging in open conversations about mental health.



## Mental Health Month

## Mental Health Month

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Mental Health Month takes place throughout October and October 10th marks World Mental Health Day.



## Connectmas

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Our December Connectmas Campaign provides resources and information to make space for making important connections in your workplace, home and community.



# Aims of the Campaign



- To improve awareness and understanding of mental health

- To reduce loneliness and enhance connections for people

- To create a greater sense of community

- To increase signposting to services

- To grow confidence in starting and normalising conversations around mental health

The most popular activity in supporting mental health was catching up with friends & family (71% of respondents)

Mental Health Ireland 'Bounce' survey 2024

# The Hello Framework



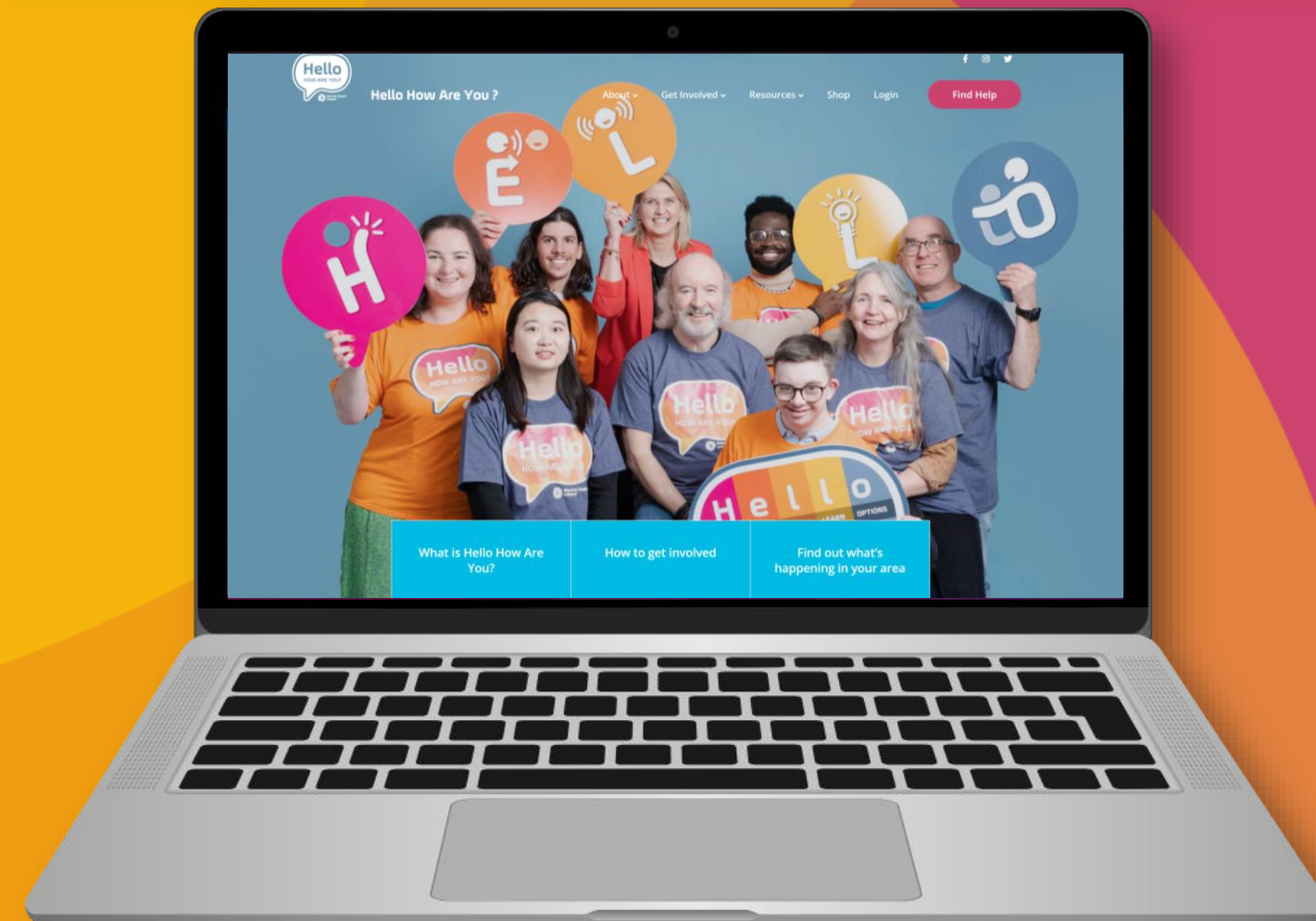
Why ask  
Hello, How Are You?



# Event Resources & Supports



<https://bit.ly/Mhihello>



# Register Your Event



You can advertise & promote your Hello, How Are You? event by **registering your event**, and it will feature on the **“What’s on near you”** page of the webpage.

## County Map

Please click on a county to view events in this area.



# Contact



MHP team: [mhp@mentalhealthireland.ie](mailto:mhp@mentalhealthireland.ie)



Karen: [karen.boylan@mentalhealthireland.ie](mailto:karen.boylan@mentalhealthireland.ie)



Call Mental Health Ireland: 01 284 1166

