

This October...

Get involved in Mental Health Ireland's World Mental Health Month programme.

Check out how you can raise awareness and funds for World Mental Health Month.



National Webinar

Friday October 21st, 10am-1pm

Theme: **Mental Health in the Workplace**

This half day online event, aimed at leadership within workplaces, will explore organisational approaches to protecting and sustaining mental health in the workplace setting. Make sure to register online:

www.WorldMentalHealthMonth-mhi.ie



5 Ways to Fundraise

We have 5 creative ways to get involved & support Mental Health Ireland:

- **CONNECT:** Connect Café
- **TAKE NOTICE:** When I grow up day (fancy dress)
- **BE ACTIVE:** 5k Your Way – swim, run, walk, cycle
- **KEEP LEARNING:** Sponsored reading / Readathon
- **GIVE:** Bake sale



Connect Cafés

Groups can host a Connect Café in their communities, workplaces and schools. A 'How-To' Toolkit with resources is available on our website.



5 Ways to Wellbeing Workshops

A timetable of workshops both face-to-face and virtual is available on the website. These workshops are 2 hours long. Make sure to register.



Merchandise

World Mental Health Month Merchandise Packs are available

to buy from our online shop:

www.WorldMentalHealthMonth-mhi.ie/shop



What's Happening in My Area

A calendar of events where groups can register and advertise their events throughout the month.



Check out our fully resourced website for more details.

www.WorldMentalHealthMonth-mhi.ie



SCAN ME

For more information, to get involved or to fundraise scan the QR code.

If you want more information, please contact: info@worldmentalhealthmonth-mhi.ie