

PROGRAMME OF EVENTS



Connect Mental Health 2016

8th-15th October

A week long programme of mental health awareness events

www.connectmentalhealth.ie

Special thanks to...

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Welcome to Connect Mental Health 2016

Connect Mental Health 2016 is a week long programme of mental health awareness events and workshops taking place across the South Donegal area from 8th-15th October.

About us

Connect Mental Health was founded in January 2015 to raise awareness of mental health issues and improve access to and awareness of mental health services in South Donegal. Connect Mental Health is run entirely by a core group of volunteers with the support of the HSE, DLDC and Mental Health Ireland.

Goals

Through educational seminars, digital media, workshops and events, Connect Mental Health aims to:

- Improve the understanding of suicidal behaviour, mental health and wellbeing and associated protective and risk factors
- Increase awareness of available suicide prevention and mental health services

Connect with us!

To find out more about us visit our website
www.connectmentalhealth.ie



@connectmhealth



[facebook.com/connectmentalhealth](https://www.facebook.com/connectmentalhealth)



[@connect_mental_health](https://www.instagram.com/connect_mental_health)

Overview of Programme

Saturday 8th October

1.00pm	Inspire Hope Community Mental Health Conference	Abbey Arts Centre, Ballyshannon
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Sunday 9th October

4.00pm	Inside Out	Eclipse Cinema Bundoran
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Monday 10th October

9.00am-4.00pm	Real Talks	Coláiste Cholmcille, Ballyshannon & Magh Ene College, Bundoran
7.00pm	Mind Your Mental Health Workshop	St. Patrick's Community Centre, Donegal Town

Tuesday 11th October

9.00am-12.30pm	Real Talks	Abbey Vocational School, Donegal Town
7.00pm	Mind Your Mental Health Workshop	Magh Ene College, Bundoran
7.30pm	Supporting Young People's Mental Health	Abbey Vocational School

Wednesday 12th October

9.00am-4.00pm	The Shona Project	Coláiste Cholmcille, Ballyshannon & Magh Ene College, Bundoran
2.00pm	Connect Business	Mount Errigal Hotel, Letterkenny
7.30pm	Supporting Young People's Mental Health	Coláiste Cholmcille, Ballyshannon

Thursday 13th October

9.00am	Donal Walsh #LiveLife Foundation	Coláiste Cholmcille, Ballyshannon & Magh Ene College, Bundoran
9.00am-12.30pm	The Shona Project	Abbey Vocational School
10.00am	Be Healthy, Be Happy	Abbey Hotel, Donegal Town

Friday 14th October

9.00am-12.30pm	Donal Walsh #LiveLife Foundation	Abbey Vocational School, Donegal Town
7.30pm	State of Mind Ireland: Mental Fitness & Wellbeing Workshop	The Central Hotel, Donegal Town

Saturday 15th October

10.00am	5km Fun Run/ Walk & Talk	The Breesy Centre, Cashelard, Ballyshannon
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Inspire Hope

Community Mental Health Conference

SATURDAY

Time: 1.00pm – 5.30pm (Doors open at 12)

8

Venue: Abbey Arts Centre, Ballyshannon

OCTOBER

Entry: Free



Who should attend?

Inspire Hope is of interest to anyone who wishes to learn more about their mental health and wellbeing. The event is aimed at adults. Some content may prove upsetting and we advise anyone under 18 is accompanied by a parent/guardian.

Inspire Hope aims to inspire and educate the local community about the importance of looking after their own and each others mental health and well being.

Join us for an inspirational and uplifting day of stories of hope and recovery as well as great educational sessions from mental health experts!

Inspire Hope will provide those attending with a better understanding of their own mental health and how to help and support themselves and others. Each attendee will also receive take home tips and support material.

The conference is completely free and open to the public. You can register to attend in advance on www.connectmentalhealth.ie

Our speakers include:

Ken Egan

Olympic Silver Medalist

Caroline McGuigan

Founder of Suicide or Survive

Alison Canavan

Best Selling Author & Model

Bob Carley

Head of Ideas at The Right Mind

Breifne Earley

Author and World Cycle Race Winner

Tara West

Author

Donal Scanlan

Mental Health First Aid Ireland

Educational sessions:

Educational sessions will be delivered in partnership with St John of God Hospital



Inside Out

Film Screening

SUNDAY

9

OCTOBER

Sunday 9th October

Time: 4.00pm

Venue: Eclipse Cinemas Bundoran

Entry: Free

Who should attend?

This film screening is free and open to anyone.
We encourage families to attend.

Like all of us, Riley is guided by her emotions – Joy, Fear, Anger, Disgust and Sadness. The emotions live in Headquarters, the control centre inside Riley's mind, where they help advise her through everyday life. As Riley and her emotions struggle to adjust to a new life in San Francisco, turmoil ensues in Headquarters. Although Joy, Riley's main and most important emotion tries to keep things positive, the emotions conflict on how best to navigate a new city, house and school.

Supported by:



The *WALT DISNEY* Company
UK & Ireland

ECLIPSE
CINEMAS
BUNDORAN
Where The Stars Shine Brightest!

Real Talks

Mental Health, Self-belief and Resilience

MONDAY

10

OCTOBER

9am – 11.30am:

Colaiste Cholmcille Ballyshannon

1.30pm – 3.30pm:

Magh Ene College Bundoran

Entry: School student workshop

TUESDAY

11

OCTOBER

9am-11.30am:

**Abbey Vocational School,
Donegal Town**

Entry: School student workshop



Real Talks, founded by Alan O'Mara, create environments that allow students to have real, open and meaningful conversations about the importance of mental health and wellbeing and build greater resilience to pressures. The Real Talks programme is designed to enhance the current SPHE curriculum.

- Alan shares his personal journey and uses it as a catalyst to start a meaningful conversation.
 - Conversation on minding your own wellbeing
 - Conversation on supporting others and the signs to look out for
 - Increase understanding of emotional health and break down stigma
 - Focus on developing personal leadership and building resilience
 - Highlight professional support services
 - Deliver 8 page Real Talks booklet, a summary of presentation, to each participant
 - Measure impact
- 

Mind Your Mental Health

Mental Health Ireland

MONDAY

Time: 7.00pm – 10.00pm

10

Venue: St. Patrick's Community Centre,
Donegal Town

Entry: Free

OCTOBER

TUESDAY

Time: 7.00pm – 10.00pm

11

Venue: Magh Ene College, Bundoran

Entry: Free

OCTOBER

Who should attend?

The Mind Your Mental Health workshop is of interest to anyone who wishes to learn more about the fundamentals of mental health and wellbeing. Ideally participants should be over 18 years of age.



This workshop, delivered by Bill Vaughan – Mental Health Ireland, will cover the following units of the Mind Your Mental Health programme.

- Understanding Mental Health and Wellbeing
- Stress and Thinking Patterns

The workshop format includes presentations, discussions, case studies and group activities which have been developed to:

- Increase awareness and understanding of mental health and wellbeing
- Provide participants with tools and strategies to enhance their mental health and well-being
- Promote the range of supports and resources available, both formal and informal

In partnership with:



**Mental Health
Ireland**

Supporting Young People's Mental Health

Jigsaw Donegal

TUESDAY

11

OCTOBER

Time: 7.30pm – 8.30pm

Venue: Abbey Vocational School,
Donegal Town

Entry: Free

WEDNESDAY

12

OCTOBER

Time: 7.30pm – 8.30pm

Venue: Colaiste Cholmcille
Ballyshannon

Entry: Free

Who should attend?

This is an hour long talk aimed at parents and other adults concerned about the mental health of young people.

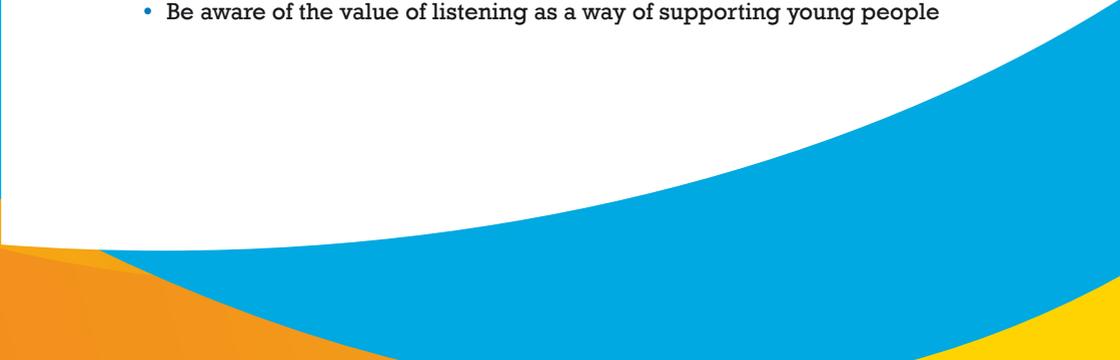


JIGSAW DONEGAL

Young people's
health in mind

Supporting Young People's Mental Health (SYPMH) is a 1-hour workshop aimed at parents/guardians and others in the community who are concerned about the mental health of young people. The workshop aims to build understanding of the mental health issues affecting young people and to provide guidance on how to support young people who may be struggling with their mental health.

Participants will:

- Have an understanding of the key issues impacting on the mental health and well-being of young people.
 - Be able to identify ways of promoting positive mental health in young people.
 - Be aware of the value of listening as a way of supporting young people
- 

The Shona Project

WEDNESDAY

12

OCTOBER

**9am – 11.30am: Coláiste Cholmcille
Ballyshannon**

**1.30pm – 3.30pm: Magh Ene College
Bundoran**

Entry: School student workshop

THURSDAY

13

OCTOBER

**9am-11.30am: Abbey Vocational School,
Donegal Town**

Entry: School student workshop

The workshop steers away from harsh warnings and statistics, instead sharing a very personal account of bullying. We consider the bully that lies within us all and think about how our own actions can be hurtful to others. Finally as a group, we talk about how we can make our school a safe place for everyone, where differences are embraced, and we take care of each other.



Connect Business

Mental Health in the Workplace

WEDNESDAY

Time: 2.00pm – 5.00pm
(registration open from 1.00pm)

12

Venue: Mount Errigal Hotel,
Letterkenny

OCTOBER

Entry: Free

Connect Business is a half-day workshop aimed at local businesses, business owners, employers, managers, HR staff or anyone seeking information on creating healthier workplaces.

This workshop will:

- Provide information on mental health and mental health problems
- Offer best practice advice on creating workplaces that are free of stigma and discrimination and equipped to support the mental health needs of the organization
- Outline mental health supports and services available
- Offer advice how to introduce mental health conversations into the workplace
- Provide advice on how best to support an employee who is experiencing a difficulty with their mental health

Tea, coffee and refreshments will be served from 1.30. Attendance is free.

Speakers include:

Anne Sheridan

Donegal Suicide Prevention Officer,
HSE

Stuart Stamp

NUI Maynooth

Kara McGann

IBEC

Breifne Earley

Author & World Cycle Race Winner



Donal Walsh #LiveLife Foundation

THURSDAY

13

OCTOBER

9am – 11.30am:
Coláiste Cholmcille Ballyshannon

1.30pm – 3.30pm:
Magh Ene College Bundoran

Entry: School student workshop

FRIDAY

14

OCTOBER

**9am-11.30am: Abbey Vocational School,
Donegal Town**

Entry: School student workshop

The Mission of the Donal Walsh #Livelife Foundation is to continue and promote the challenge of the conversation that Kerry Teenager Donal started about teenage suicide awareness and the provision of teenage facilities in care centres.

Donal's mother Elma Walsh will deliver the inspirational story of Donal, his life, his illness, his spirit and his untimely death.

Be Healthy, Be Happy

In association with Foróige National Youth Organisation

THURSDAY

13

OCTOBER

Time: 9.30am – 4.30pm

Venue: The Abbey Hotel, Donegal Town

Entry: School student workshop

Connect Mental Health and Foróige National Youth Organisation are inviting 250 young people aged 15-18 years from the South West Donegal Schools and Youthreach centres to participate in an interactive, energetic and fun Health and Well-Being Event that will encourage young people to make healthier choices!

This includes eating well, being active, building strong friendships, the importance of balance and relaxation and minding their mental health.

250 TY & Senior Cycle Students and Youthreach Learners will take part in 5 Health based workshops throughout the day which will teach them ways to keep themselves healthy and happy!

Sessions include:

Breifne Earley, Author & World Cycle Race Winner

Karen Duggan from Jigsaw

The Energy Hub Donegal

Foróige Youth Workers

Paul Mac, The Good Food Dude

State of Mind Ireland – What's Yours?

**Mental Fitness & Wellbeing – An introductory
workshop**

FRIDAY

14

OCTOBER

Time: 7.30pm – 9.00pm

Venue: The Central Hotel, Donegal Town

Entry: Free

Who should attend?

This workshop is aimed at players, athletes and coaches from local sports clubs.



This workshop will describe the State of Mind Ireland All-Island campaign which promotes mental fitness. The workshop will include an introduction to the State of Mind Ireland Programme and an interactive discussion on Mental Fitness, Exercise and ‘Take 5’ (5 ways to wellbeing). The session will close with a brief introduction to mindfulness based practice along with suggested additional resources.

5k Fun Run/Walk & Talk

Saturday 15th October

SATURDAY

15

OCTOBER

Time: 10.00am

Venue: Breesy Centre, Cashelard,
Ballyshannon

Entry: €10

Exercise improves mood, helps reduce stress and boosts energy levels. Exercise can also be a good way to meet people and get more involved in your community.

The 5k fun run, walk & talk will start and end at the Breesy Centre in Cashelard, Ballyshannon. All members of community and families are encouraged to take part. Refreshments will be served at the Breesy Centre upon finishing.

The run will be chipped and you will receive your official time upon completion.

Our registration desks will be open at the Breesy Centre from 8.30am for you to collect your race number & t-shirt.

You can also register online at www.connectmentalhealth.ie

LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have
a positive impact on how we feel.



Little things can make a big difference

yourmentalhealth.ie
#littlethings

Thank you

Connect Mental Health would not be possible without a very active and supportive local community. We would like to say a special thank you to our volunteers and to everyone that helped raise much needed funds to make this programme of events possible.

Special thanks to Patricia McShea-Hill for organising the Whist Drive, Patricia Duke for organising 'Soup on the Hill', Catherine Dolan, Shane McLoone for Connect Euro 2016 and to the 32 brave souls who abseiled off the roof of Croke Park. We also had great support for our annual quiz and pop-up coffee shop. **Thank you.**



