



connect
café

Share a
conversation
and connect!

Celebrate World Mental Health Day by Hosting a Connect Café

World Mental Health Day (WMHD) takes place on the 10th of October 2019, and the theme this year is suicide prevention.

Research shows there are simple things you can do as part of your daily life to protect your mental health*. Connecting is one of the ways to do this.

This World Mental Health Day, Mental Health Ireland is encouraging you to Connect as one way to protect your mental health;

- **Connect with yourself** – notice how you are feeling, take some time to connect with your own thoughts and feelings and how these might affect your mental health and wellbeing;
- **Connect with others** – smile at a stranger, say thank you to a colleague, or have a chat with friends or family;
- **Connect with your community** – organise a work lunch, get to know your neighbours, join a new group, or check in with people and ask how they really are.

We will be holding a national Connect Café from 1-2pm on World Mental Health Day, October 10th and we invite you to join us in hosting your own Connect Café. The goal of the Connect Café is to open up conversations about how we connect, strengthening the connection with yourself, with others and with your community.



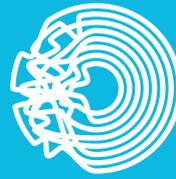
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** The Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well (NEF, 2008).*



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As a Connect Café host here is your CHECKLIST

What You Need:

- A venue to host your Connect Café
 - take into consideration numbers and accessibility
- 3-4 chairs per table for attendees
- Print outs of:
 - Information sheets for each table – provided by Mental Health Ireland
 - Conversation Questions list for each table – provided by Mental Health Ireland
 - Phone on silence poster – provided by Mental Health Ireland
 - Evaluation sheets – provided by Mental Health Ireland
 - Further Supports list – provided by Mental Health Ireland
- Refreshments if required

How it works:

- Invite your community, colleagues and friends to your Connect Cafe using local media, community notice boards, work emails, and word of mouth
- Ask people to sit with someone they don't know, if possible
- Each person will choose one question to pose to the group
- In turn, each person will discuss their answers with the group
- You, the host, will manage the time. Allow about 20 minutes for each question
- Please allow 10 minutes at the beginning for an icebreaker
- Please ask participants to complete an evaluation form so we can learn for future events



Don't forget to take some snaps on the day and upload to social media using #ConnectCafe #WMHD



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HERE'S A FINAL TIP - Use an Icebreaker!

We believe an icebreaker is important for your Connect Café event. It will help participants get to know each other a little better before the main event. As a Connect Café host we would appreciate your facilitation of the below icebreaker.

Time required: 10 minutes

3 things in common

How to:

1. Ask everyone to pair off with someone at their table.
2. Each pair must find three things they have in common with each other.
3. Each pair in turn shares their discoveries with the group.



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WELCOME to our Connect Café

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- **Connect with yourself** - notice how you are feeling, take some time to connect with your own thoughts and feelings and how these might affect your mental health and wellbeing;
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We hope by the end of the Connect café you will have gained new connections or strengthened existing ones.

What's going to happen?

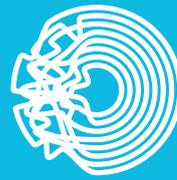
- Grab a place at a table
- Take a look through the suggested questions list
- Everyone, in turn, asks a question of their choice to the group
- Keep the chat open and informal

Things to remember:

- Listen to each other
- Keep it to one person speaking at a time
- Try and keep your answers brief, you have only 20 minutes per question.
- Have Fun!



Don't forget to take some snaps on the day and upload to social media using #ConnectCafe #WMHD



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Join us in celebrating World Mental Health Day at our Connect Café

Connecting with others is a way of **protecting** and **improving your mental health** and **wellbeing**.

Connecting with others can sometimes be difficult, so why not **join us at our Connect Café** and share a conversation with others.

Where:

When:

Contact:



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Your Connect Café Questions

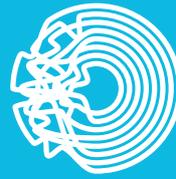
Please pick a question from the list and in turn pose the question to the group.

- **Where do you feel most at ease/peace? What is it about that place that makes you feel that way?**
- **What or who brings you joy?**
- **What qualities do you look for in a friend?**
- **What activities/actions do you do that make you feel good?**
- **If you didn't have access to your phone for a day, what would you do for that day?**
- **If you were moving to a new community, what would you look for?**
- **When was the last time you felt genuinely appreciated?**
- **Where was your favourite place to go as a child and why?**
- **Do you feel connecting person to person is important and why?**
- **Think about an important relationship in your life, what do you do to look after it?**
- **What would your perfect day look like?**



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We want your feedback!

We would really appreciate your feedback from attending Mental Health Ireland's Connect Café event for World Mental Health Day 2019.

Please circle your answer.

1 How did you hear about the Connect Café?

Invitation / Social media / Advertising / Email / Other

2 I was aware of the aim of the Connect Café - to promote the importance of connecting for your mental health and wellbeing?

Yes / No / Don't Know

3 I feel the Connect Café helped me to connect with others who were taking part?

Yes / No / Don't Know

4 What one word best describes your time at the Connect Café?

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5 What will you take from this event?

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Thank you for taking the time to complete this evaluation. This will help us shape future events.



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Further Supports

Thank you for joining us today at the Connect Café. If you feel you require further support for your mental health and wellbeing your GP should be your first point of contact.

If in distress or during out of office hours you can contact your local A & E department. Some other useful contacts are;

SAMARITANS IRELAND

116 123 | jo@samaritans.org | www.samaritans.org

AWARE

1800 804 848 | supportmail@aware.ie | www.aware.ie

YOUR MENTAL HEALTH

www.yourmentalhealth.ie | a mental health & wellbeing supports directory



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WELCOME to our Connect Café.

We would be grateful if you could

**SILENCE YOUR PHONE
WHILE YOU ARE HERE.**