

# Events of Interest leading up to and running throughout Social Inclusion Week



## Friday 9th October

### Mental Health Ireland Online Webinar 10 AM to 1 PM

Mental Health Ireland's webinar to mark World Mental Health Day, Sharing the Vision - Translating Policy into Practice. This webinar will explore Sharing the Vision – a Mental Health Policy for Everyone for the period 2020-2030 through a lens of tangibility. Speakers who represent projects that are already translating recommendations in Sharing the Vision into practice will discuss how they did this while embodying the four principles of the policy - Recovery, Trauma Informed, Human Rights, and Valuing and Learning.

**Contact:** Teresa Keane

**Email:**

[teresakeane@mentalhealthireland.ie](mailto:teresakeane@mentalhealthireland.ie)

**Web:** [mentalhealthireland.ie](http://mentalhealthireland.ie)

### Booking is essential

Booking Details to register for this free event to go <https://www.eventbrite.ie/e/sharing-the-vision-translating-policy-into-practice-webinar-tickets-121195427787>

## October 10th - 17th

### Mayo Mental Health Fair Reflect on Growth and Hope

Mental Health Ireland will share wildflower seeds in the form of plantable bookmarks across the county to encourage people to take a moment to reflect on their growth during recent tough times and their hopes for the future

This campaign is designed to give us all us a sense that we really are all in this together. To take a moment as a member of the community to reflect on how much we have grown over the last few months. To remember what and who was important in these very tough times before we get busy again. It could have been the strength to seek help or the courage to share our feelings.

<https://www.mentalhealthireland.ie/?s=world+mental+health+day>

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