

virtual



Connect together while apart



Mental Health
Ireland

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café

Share a
conversation
and connect!

Host a Virtual Connect Café

Research shows there are simple things we can do as part of our daily life to protect our mental health* Connecting is one of the ways we can do this. While we may have to keep our distance from family and friends for now, it's still possible to connect and share a conversation from afar!

The goal of the Virtual Connect Café is to open up conversations about how we connect, strengthening the connection with ourselves, with others and with our community.

- **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** – even while social distancing, you can still smile at those passing by, say thanks to a colleague, or have a video chat with family and friends;
- **Connect with your community** – join an online community group, volunteer or give back in some way, check in with people on the phone and ask how they really are.



Don't forget to tag Mental Health Ireland on social media with the hashtag #VirtualConnectCafe

 @mentalhealthirl

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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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HOST INFORMATION



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As a Virtual Connect Café host here is your CHECKLIST

What You Need:

- Your favourite online video chat platform - Zoom, Whatsapp, Facebook etc
 - Some people to join in from their homes! The more the merrier.
 - Information sheets – provided by Mental Health Ireland
 - Conversation Questions – provided by Mental Health Ireland

How it works:

- Invite your friends or family members to your virtual Connect Café via the video chat platform of your choice like Zoom, House Party or Whatsapp.
- 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



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

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HERE'S A FINAL TIP - USE AN ICEBREAKER!

An icebreaker can be a great way to kick off your Virtual Connect Café! It will help participants get to know each other a little better before the main event. Why not try the 'Two Truths, One Lie' icebreaker!

Time required: 10 minutes

Two Truths, One Lie

How to:

1. Ask each team member to prepare a list of three interesting "facts" about themselves, one of which must be made up. This could be anything from a hobby they love to a famous person they say they've met, and so on.
2. Then, get other team members to decide on the facts they think are true.
3. The team member who receives the most incorrect votes "wins."

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PARTICIPANT INFORMATION



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Welcome to our Virtual Connect Café

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What's going to happen?

- Start the video chat and invite others to join!
- 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!



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CONNECT CAFÉ QUESTIONS

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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?**
- **Give an example of something you've done this week that you feel proud of.**
- **If you weren't on this video call, what would you like to be doing?**
- **Name one small thing you have come to appreciate the past while?**
- **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?**
- **Think about an important relationship in your life, what do you do to look after it?**
- **What would your perfect day look like?**