



**Mental Health
Ireland**



Info & Terms

Online Workshops

Promoting Positive Mental Health & Wellbeing

COMMUNITY GROUPS

WORKPLACES

- For Managers
- For Employees

For more info or to book, contact:
training@mentalhealthireland.ie



feedback

relaxed
positive
energy
GOOD WORKSHEETS
illuminating
interactive
HOPEFUL
INFORMATIVE
INSIGHTFUL
TIME WELL SPENT
I FEEL MORE CONFIDENT
feel supported
in control
ILLUMINATING
supportive
POSITIVE
reassured
well facilitated
ed
SUPPORTIVE
reassured
RELAXED
in control
motivated
empowering
REALLY ENJOYED IT
ENCOURAGED
fun
USEFUL
hope has come alive
enjoya



**Mental Health
Ireland**

Who We Are

Mental Health Ireland's vision is for an Ireland where good mental health is viewed as fundamental to overall health and wellbeing. Our primary goal is to promote, support and enhance the mental health and wellbeing of all individuals and communities and to create a culture where people with mental health challenges are respected and supported on their journey of recovery.

The following values underpin everything we do:

- We believe that everyone is entitled to inclusion in society and opportunity for personal fulfilment
- We believe in the right of everyone to be treated with dignity, respect and equality
- We believe in the right of those experiencing mental health difficulties to be supported in their recovery
- We are committed to transparency in our work and compliance with the highest ethical standards

One of the ways we promote positive mental health is by educating and training people within workplace and communities around different aspects of mental health and providing them with the knowledge and tools to enhance their own mental health.

Find out more about us at www.mentalhealthireland.ie

Registered Charity No. CHY5594

Company Registration No. 0078897Q

**Registered office: Mental Health Ireland, Second Floor, Marina House,
11 - 13 Clarence Street, Dun Laoghaire, Co Dublin**

Phone: 00353 1 284 1166

Email: info@mentalhealthireland.ie

WORKPLACES

Mental Health Ireland facilitate a range of workshops which promote positive mental health, wellbeing, and recovery. The workplace workshops aim to support and enhance the mental health and wellbeing of the whole team.

Our workshops are currently delivered online due to the pandemic. We will resume face-to-face workshops when it is safe to do so.

Five Ways to Wellbeing WORKSHOP

The aim of this interactive workshop is to support participants to:

- Define what mental health and wellbeing is.
- Have an improved understanding of how we can look after our wellbeing during Covid-19.
- Explore how much time we spend each day looking after our mental health and wellbeing.
- Explore the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times.

CONNECT

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE

Numbers: 20 max

For who? All staff

Cost: €300

Duration: 2 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie



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WORKPLACES

Virtual Connect Café



The aim of the Virtual Connect Café is to open up conversations to help us connect with ourselves and with our colleagues.

Numbers: Max 16 recommended

For who?: All staff

Cost: Free to host your own (more info here) or €300 for MHI facilitator

Duration: 1 - 1.5 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie

Five Ways to Wellbeing WEBINAR

The aim of the webinar is to provide participants with:

- A brief introduction to the concepts of mental health and wellbeing.
- An improved understanding of how we can look after our wellbeing during Covid-19.
- An understanding of how to incorporate the Five Ways to Wellbeing as a healthy coping strategy into our lives.

Numbers: Up to 500

For who? All staff

Cost: €200

Duration: 1 Hour

Venue: Online via Zoom

To book email training@mentalhealthireland.ie

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GIVE



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WORKPLACES

Mental Health & Wellbeing Managers WORKSHOP

The aim of this interactive workshop is to support participants to:

- Gain some of the knowledge necessary to nurture and enhance mental health and well-being in the workplace.
- Adopt and enhance practical supports to maintain mental health and well-being in the workplace.
- Reflect on and challenge perceptions of mental health.
- Look at their own self-care & boundaries.
- Examine what impacts both negatively and positively on mental health.
- Provide guidance on how to generate, facilitate, and engage in conversations about mental health.
- Understand how to support an employee who discloses that they are experiencing a mental health challenge.

Numbers: 20 max

For who? Managers

Cost: €500

Duration: 3 Hours

Venue: Online via Zoom
/ MS Teams

To book email:

training@mentalhealthireland.ie



WORKPLACES

Mental Health & Wellbeing Employees WORKSHOP

The aim of this interactive workshop is to support participants to:

- Understand & explore the knowledge necessary to foster and enhance mental health and well-being in the workplace.
- Explore and challenge perceptions of mental health.
- Examine what impacts both negatively and positively on mental health.
- Provide practical tips to improve and sustain well-being.
- Demonstrate how to have conversations about mental health in the workplace.

Numbers: 20 max

For who? Employees

Cost: €500

Duration: 3 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie



COMMUNITY GROUPS

Mental Health Ireland facilitate a range of workshops which promote positive mental health, wellbeing, and recovery. The community workshops aim to support and enhance the mental health and wellbeing of the whole community.

Our workshops are currently delivered online due to the pandemic. We will resume face-to-face workshops when it is safe to do so.

Five Ways to Wellbeing WORKSHOP

The aim of this interactive workshop is to support participants to:

- Define what mental health and wellbeing is.
- Have an improved understanding of how we can look after our wellbeing during Covid-19.
- Explore how much time we spend each day looking after our mental health and wellbeing.
- Explore the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times.

CONNECT

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TAKE NOTICE

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GIVE

Numbers: 20 max

For who? All staff

Cost: Free to community groups

Duration: 2 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie



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COMMUNITY GROUPS

Virtual Connect Café



The aim of the Virtual Connect Café is to open up conversations to help us connect with ourselves, each other, and with our communities.

Numbers: Max 16 recommended

Cost: Free to community groups

Duration: 1 - 1.5 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie

Five Ways to Wellbeing WEBINAR

The aim of the webinar is to provide participants with:

- A brief introduction to the concepts of mental health and wellbeing.
- An improved understanding of how we can look after our wellbeing during Covid-19.
- An understanding of how to incorporate the Five Ways to Wellbeing as a healthy coping strategy into our lives.

Numbers: Up to 500

Cost: Free to community groups

Duration: 1 Hour

Venue: Online via Zoom

To book email training@mentalhealthireland.ie



Mental Health
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COMMUNITY GROUPS

Mental Health & Wellbeing Community WORKSHOP

The aim of this interactive workshop is to support participants to:

- Explore and enhance an understanding of mental health & wellbeing.
- Foster and learn practical supports to maintain our mental health and wellbeing.
- Connect with other members of the group through group work and conversations.
- Have an opportunity to reflect on the last year and the resilience we have shown in managing it.

Numbers: 20 max

Cost: Free to community groups

Duration: 3 Hours

Venue: Online via Zoom / MS Teams

To book email training@mentalhealthireland.ie



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Info & Terms

You can find answers to some frequently asked questions below.

- All training related queries should be directed to the Amy Gibney at training@mentalhealthireland.ie.
- We will make every effort to respond to your query as soon as possible but please bear with us while we do so.
- If you wish to book a webinar or workshop, we ask for at least 3 weeks' notice so we can best accommodate you. We will make every effort to accommodate you in the timeframe you have requested but as we are dealing with a large number of requests this may not always be possible.
- Mental Health Ireland will provide the webinar or workshop meeting links and attachments to all supporting documents one week prior to the training workshop/webinar. If you require these sooner, please let the Training & Development Administrator know by emailing training@mentalhealthireland.ie and we will do our best to accommodate you.
- Mental Health Ireland require your organisation to liaise directly with employees/participants and manage the internal administration including sign up to the workshop, attendance and dissemination of supporting materials.
- Mental Health Ireland will provide you with a list of Mental Health Promotion resources to support participants' wellbeing.
- Mental Health Ireland will provide a directory of Irish based support organisations should participants need further support.
- Mental Health Ireland do not share the workshop/webinar slides or record the workshops/webinars.
- All our Trainers are QQI certified in Training, Delivery & Evaluation (Level 6) and have completed Training for Trainers (T4T) on Mental Health Ireland's workshops and are experienced at delivering them.
- All our trainers have their own insurance as trainers and have been Garda Vetted.
- All workshops can be delivered via Zoom or Microsoft Teams. All webinars are delivered via Zoom webinar. If you wish to use an alternative platform, we will try our best to accommodate you, but we cannot guarantee this.

Info & Terms

- Mental Health Ireland ask all participants complete an evaluation after the workshop (if they wish to do so). Upon completion, participants will have the option of signing up to receive a Digital Certificate of Attendance. These details are collected solely for the purposes of providing participants with a certificate and will not be used for any other reason or stored by the organisation once the digital certificate is sent.
- Mental Health Ireland do not do a roll call for workshops/webinars, if this is required by your organisations another member of your organisation is welcome to join the session to record this information at the beginning of the workshop.
- If you are not satisfied with the products or services provided by Mental Health Ireland's Education, Training & eMental Health Department please forward your feedback or complaint directly to Sonia Rennicks at sonia@mentalhealthireland.ie.

Payment Information & Terms

- If you require information relating to invoicing, banking information or new supplier set up forms please contact Paula Moore, our Accounts Officer on accounts@mentalhealthireland.ie.
- Mental Health Ireland request 48 hours' notice for cancellation of a workshop/webinar to avoid incurring the full workshop charge.
- Mental Health Ireland do not charge VAT on training invoices as we are a registered charity (Registered Charity No. CHY5594)
- Fees are applicable for all workplace and staff training. Training for community groups is free.
- If your organisation requires a Purchase Order No. to be included on your invoice you need to supply this to us when booking. Or forward ASAP to MHI Accounts at accounts@mentalhealthireland.ie.
- If you book multiple workshops, all workshops can be invoiced together on one invoice if you wish.



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