



LET'S TALK AND SHARE  
OUR STORIES ON  
**WORLD MENTAL  
HEALTH DAY!**



Mental Health  
Ireland

# HOST YOUR WORLD MENTAL HEALTH MONTH COFFEE MORNING

CONNECT WITH COLLEAGUES  
USING A HUMAN LIBRARY APPROACH

DON'T JUDGE A BOOK BY ITS COVER  
READ BETWEEN THE LINES

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)



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## WHAT IS A HUMAN LIBRARY?

A human library is where people are 'on loan' to readers rather than books to share their story & start safe conversations about their lives

The aim is to challenge preconceptions of mental health by sharing unique stories to show that no chapter is the same and to encourage people to 'un-judge' a book by its cover and read between the lines

## WORLD MENTAL HEALTH DAY 2021; MENTAL HEALTH IN AN UNEQUAL WORLD

This years theme highlights the unequal access to mental health services, the impact of inequalities and discrimination on our mental health, and the uneven level of investment in mental health compared to overall health

## SUPPORT MENTAL HEALTH IRELAND TO:

- Highlight barriers to accessing mental health supports
- Inform, educate and raise awareness of inequalities in mental health
- Challenge preconceptions of mental health by inviting people to appreciate that everyones story is unique and no chapter is the same



Scan to  
donate to  
Mental Health Ireland

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## HOW CAN I HOST A HUMAN LIBRARY EVENT?

Organise a coffee morning or get together with colleagues  
(face to face or virtually)

Use the QR code to visit the "Human Library" on Mental  
Health Ireland's Website for inspiration

Encourage participants to discuss the facts on the merchandise  
& start conversations about different backgrounds and  
experiences

Have a bit of fun with this: change tables, use breakout  
rooms, use a quote and guess who its from

Maybe consider running this event as a fundraiser for Mental  
Health Ireland, encourage people to scan to donate

Encourage participants to only share as much as they are  
comfortable sharing. Refer people to signposting &  
support services on final page



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## RESOURCES

SCAN TO VISIT MENTAL HEALTH IRELAND'S HUMAN LIBRARY



[www.mentalhealthireland.ie/your-mental-health/world-mental-health-day-2021](http://www.mentalhealthireland.ie/your-mental-health/world-mental-health-day-2021)

## SUPPORTS AND SIGNPOSTING

FOR SUPPORTS AND SERVICES IN YOUR AREA VISIT:

[www.mentalhealthireland.ie/support](http://www.mentalhealthireland.ie/support)

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