

Information Stands

During our Mensana we will be attending a number of community events.

Carlow Mental Health Information Stands

This October, Carlow Mental Health will be out in the community with information stands offering support, advice, and resources to help mind your mental health.

Come along, have a chat, and pick up information that may be useful for yourself, your family, or a friend.

Woodford Dolmen Hotel Oct 1st at 10am

Tullow Mart – October 2nd at 5pm

Carlow Park Run – October 4th at 9:30am

SETU Volunteer Fair - October 16th at 10am

Carlow Mart – October 30th at 5pm



www.carlowmentalhealth.ie

The Elephant in the Room Launch

Friday October 10th at 7:00pm

Seven Oaks Hotel, Carlow Town (R93V4K5)

We're proud to unveil Carlow Mental Health Association's Elephant, a powerful symbol to spark conversations around mental health. Kindly sponsored by local businesses, the elephant reminds us of the importance of "talking about the elephant in the room." By bringing mental health into the open, we can break down stigma, start meaningful conversations, and support one another.

Look out for our elephant around Carlow – a visible reminder that your mental health matters and that it's always okay to talk.

#FaceTheElephantTheMind



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Craft Tea @ Tinryland Community Hub
Saturday, October 11th at 4:30 – 6:00

Take time out for yourself and enjoy the calming power of creativity. Join us at Tinryland Community Hub for Craft Tea – an afternoon where crafts and conversation come together to support your wellbeing. No experience needed – just bring yourself and a willingness to unwind.

Booking essential at



Calming Sound Bath Session

Sunday October 12th at 10:15am -
12:00 An Gairdin Beo, Carlow Town
(R93E1HF)

Step away from the noise of everyday life and give yourself the gift of stillness. Join Mary Clare for a calming walk and Sound Bath session, designed to help you pause, reset, and reconnect with yourself in a busy world.

Booking Essential at



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Mensana 10km Walk

FREE!

Saturday October 18th 10am from Milford Car Park, Milford Weir, Milford, Co. Carlow

Step into serenity with a 10km walk led by Terry Platt, starting from Milford Car

Park and returning back to the Car Park. This peaceful route follows the riverbank, offering a chance to enjoy nature, share conversations, and connect with fellow walkers who appreciate the outdoors and good company.

Whether you're a seasoned walker or just looking for a relaxing way to spend your Saturday, this is a great opportunity to unwind and meet like-minded people.



for more information contact us at
carlowmentalhealth@hotmail.com or
call 085 8181353

Carlow Mental Health Association are a voluntary organisation with charitable status based in Carlow Town. Our aim is to promote positive mental health and eliminate the stigma associated with mental illness.

We are truly grateful for all of the support we receive throughout the year, but especially in relation to our Annual Mental Health Festival.

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MENSANA FEST

2025

ALL EVENTS ARE FREE