

Where the money goes



Your donation funds free mental health information, education and resources for communities across Ireland.

€20

could provide 20 people with free **pocket-size mental health booklets** to help them manage stress and anxiety.



€80

could cover the cost of a free **community workshop** that gives someone practical tools to manage their stress, and understand mental health and wellbeing.



€150

could help someone take part in our 12 week **Woodlands for Health Programme**, connecting with nature to support their mental health.



€500

can help us run events in communities like our **Hello, How Are You? campaign** encouraging connection, addressing loneliness, providing mental health information and reducing stigma.



€1,000

could support a person with mental health challenges to return to education through our **Bursary Programme**.



Thank you to our team, volunteers, member organisations and partners who help us educate, empower and connect communities and reach those who need us most.

Donate or fundraise

mentalhealthireland.ie/get-involved



Mental Health
Ireland

Prefer monthly donations?
€20/month = 240 booklets a year.