



The 2025 Hello, How Are You? Campaign was supported by community groups, charities, mental health associations and our partners. They happened in workplaces, homes, cafés, train stations, shopping centres, parks and in woodlands.



**291** EVENTS on Hello, How Are You? Day (in all 26 counties)



**193** PEOPLE attended the free Hello, How Are You? Training Sessions



**62** PEOPLE attended Hello, How Are You? Information Sessions



**46** VOLUNTEERS supported us at Hello, How Are You? Day events

The campaign offered valuable skills for life about how to say 'hello', listen, learn, offer support and signposting through our 'Hello' Training. The campaign offered:

- Opportunities for connection
- Improving awareness and understanding of mental health
- A greater sense of community
- Growing people's confidence in holding a mental health conversation

We distributed:

**50k** BOOKMARKS



**30k** CONVERSATION CARDS



**538** T-SHIRTS



For how to join 2026 Hello, How Are You? Campaign, scan the QR code, or check out:

[www.mentalhealthireland.ie/campaign/hello-how-are-you](http://www.mentalhealthireland.ie/campaign/hello-how-are-you)