

Do one thing for mental health & wellbeing!

World Mental Health Week
9 - 15 October 2017

Waterford Mental Health and Wellbeing Link-up in association with #kindwaterford are calling all communities and organisations in Waterford to host a #littlethings themed event

For ideas, resources
and to register an
event visit

healthywaterford.ie/mhw17

What is World Mental Health Week?

World Mental Health Week aims to raise awareness of mental health and wellbeing during the week of **9 - 15 October 2017**.

World Mental Health Week provides an important opportunity for us to:

- Promote mental health and wellbeing
- Create understanding of mental health and wellbeing
- Celebrate the factors that protect our mental health and wellbeing

Who should take part?

- ✓ Community and voluntary organisations
- ✓ Businesses
- ✓ Schools
- ✓ Friends and family
- ✓ Teams, groups and societies

Events

Whatever your event idea is, it is worth asking:

Does my event promote at least one #littlething and do one or more of the following?

- **promote** activities that enhance mental, physical, social and spiritual wellbeing
- **celebrate** people who make our community unique
- **challenge** stereotypes and reduce the stigma associated with mental illness
- **provide** information about mental health or wellbeing services available in Waterford
- **make** or improve **connections** with partners or within our community
- **encourage** help-seeking and self-care

“Think big or small. Whatever is achievable for you, the point is to do something that’s meaningful”

Whatever type of event you choose, make sure to share information and resources. When you register your event on www.healthywaterford.ie/mhw17 we will send you information on where to access resources.



yourmentalhealth.ie
#littlethings

#littlethings is the national mental health promotion campaign developed by the HSE's National Office for Suicide Prevention and a coalition of more than 30 partner organisations.

The campaign focuses on the following key messages:

- It's okay not to be okay
- There are little things that you can do for yourself and other people
- Help is at hand at **www.yourmentalhealth.ie** or by calling Samaritans 24-hour Freephone listening service on **116 123**

Here are the #littlethings that can make a big difference to our mental health and wellbeing:

- Keeping active
- Talking about your problems
- Looking out for others
- Doing things with others
- Eating healthily
- Staying in touch
- Drinking less alcohol
- Sleeping well

Here are some event ideas



There is no limit to the size or type of #littlethings themed event you can hold. Simply participate in a way that is meaningful to you, your community organisation, group, business or school.

Add friends to your tea: Host a tea morning creating awareness of the importance of having tea with friends

Boost your mood with healthy food: Have your street feast themed lunch, everyone bring healthy food to share

The more you move the better your mood: Organise a walk, run, cycle, swim or yoga class to promote how exercise has a positive impact on our mood

8 Hours sleep make the other 16 easier: Organise a lunch time talk on sleep hygiene

My little things: Host a story telling event sharing real life stories about how little things have helped in your life

My little things: Organise a poster competition highlighting your favourite #littlething

Tell us all about it!

Visit healthywaterford.ie/mhw17 and register your event. We will be promoting all events happening during World Mental Health Week 2017. Once you have registered, we will be in touch with a list of resources and information that you can use as part of your event.

Questions?

Contact Martin on 086 852 5562 or mmatthews@shineonline.ie