

#LetsGoMental2015

LET'S
GO
MENTAL
Do something for your
MENTAL HEALTH today

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Dáil na nÓg Recommendation 2013:

**‘A national gathering for second level students,
with music and events,
to improve attitudes towards mental health’**



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with music and events,
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LET'S GO MENTAL

Format of Let's Go Mental

- A national launch which will take place in Dublin on Wednesday 24th June
- A series of regional events which will take place all over the country from May - October 2015
- These regional events will all follow the same national template, as designed by the Comhairle na nÓg National Executive

Do something for your
MENTAL HEALTH today



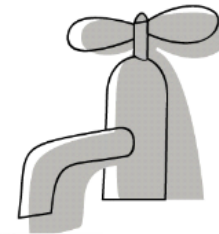
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An Roinn Leanaí
agus Gnóthaí Óige
Department of
Children and Youth Affairs

Financial Support for Let's Go Mental regional events



Come on board with us at our national launch!



Dublin, 24th June

The image features three yellow paint splashes in the corners: one in the top right, one in the bottom left, and one in the bottom right. A large, light blue circular ring frames the central text.

**National Launch venue
for Let's Go Mental**

SCIENCE

GALLERY

SAVE THE DATE!!

Wed. 24th June 2015

Regional Events

Each regional event will follow the same template

The template is based on Headstrong's Five-a-Day
for your mental health' concept

**HEAD
STRONG**
Leading the change
in youth mental health

Connect
Be Aware
Get Moving
Get Involved
Give



Regional Events

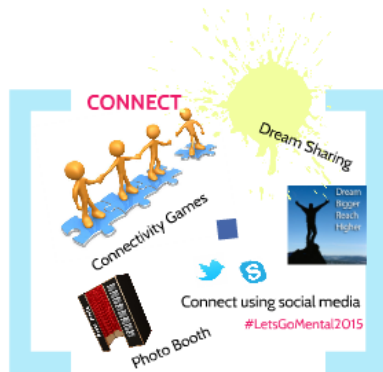
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CONNECT



Connectivity Games



Dream Sharing



Dream
Bigger
Reach
Higher

Connect using social media

#LetsGoMental2015



Photo Booth

BE AWARE

Promote awareness
of the world around you

Promote Self-Awareness



Thoughts Wall

GET MOVING

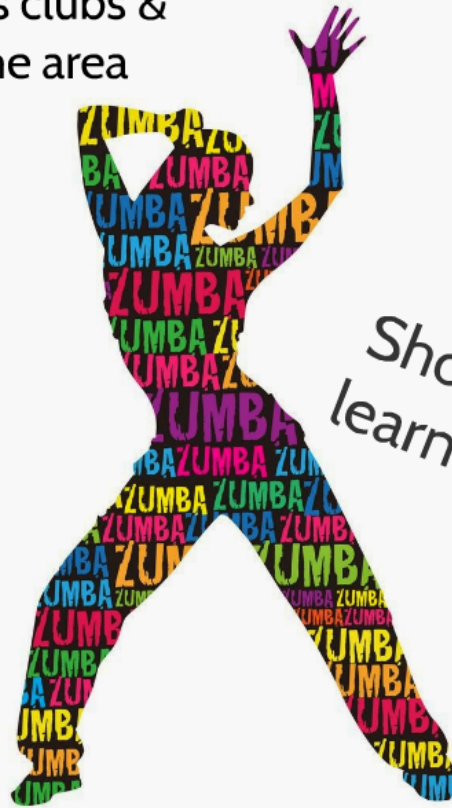
Stands advertising local sports clubs & other physical activities in the area

Dress the part



Group Activities and Competitions

Show off what you've learned during the day



Taster sessions:
experience a new physical activity on the day

Give to charity



GIVE

Give your time to your community



PLEASE
TAKE
A
COMPLIMENT

Give something for free

I LIKE YOUR HAIR
YOUR SMILE IS NICE
YOUR SHOES ARE GREAT
I LOVE YOUR EYES
YOU HAVE A GREAT BUM
YOU ARE WONDERFUL
HAVE YOU BEEN WORKING OUT?
I LIKE YOUR SHOES
YOU SHOULD BE A MODEL
YOU ARE GORGEOUS



FREE
HUGS



GET INVOLVED



Youth Work Ireland

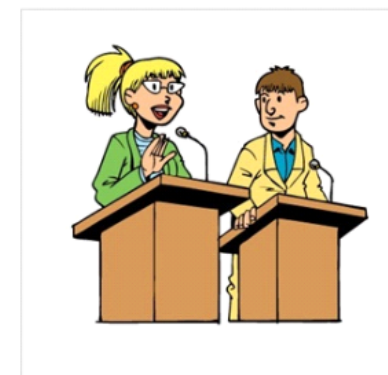
Promote the work of local youth services



How to be pro-active in
your community



Get involved in extra-curricular
school activities



Information Stands on local clubs / community
groups / charities / activities

POSITIVITY

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.

FUN



EXPERIENCE
SOMETHING NEW

TRY
SOMETHING
NEW

TOOLS



OUR STEERING
COMMITTEE



MUSIC



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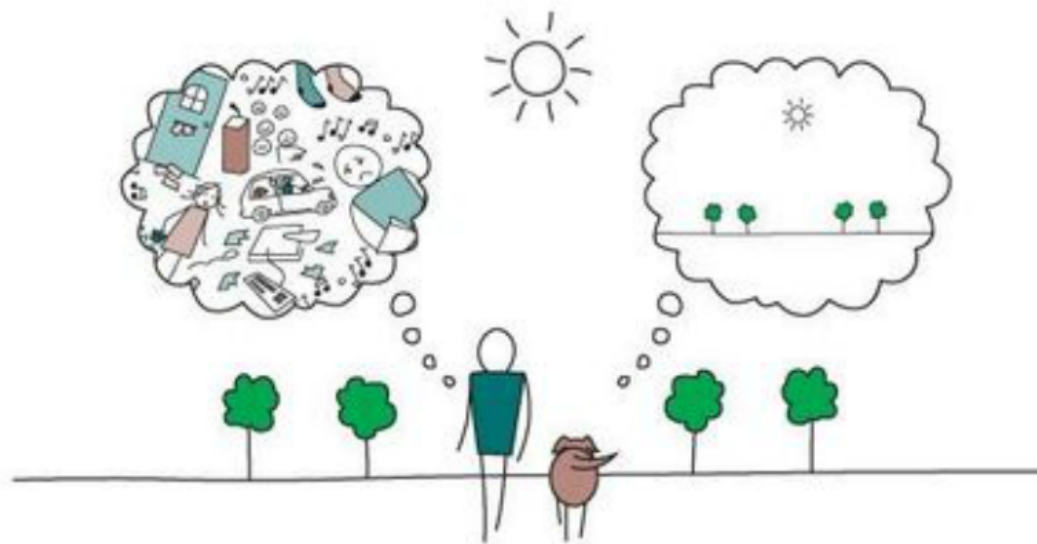
FUN



**EXPERIENCE
SOMETHING NEW**



TOOLS



Mind Full, or Mindful?

MUSIC



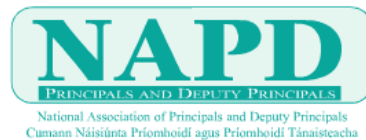
OUR STEERING COMMITTEE

**HEAD
STRONG**

Leading the change
in youth mental health



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



FUNDING & SPONSORSHIP

Use your contacts & influence locally

What we need:

- Benefit-in-kind from local businesses
i.e. food, prizes, equipment
- Sponsorship of local Comhairle events

PROMOTION OF LOCAL EVENTS

What can you do?

- Speak about your local event in the media
- Support & promote our online campaign

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ENGAGE THE SUPPORT OF CITY AND COUNTY COUNCILORS

What you can do:

- Seek support within Local Authorities
- Relevant department: Sports, Libraries,
Arts, Community, Heritage, Policing,
Housing, Planning and Roads

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