

Mental Health Ireland: Hello, How Are You Day May 15th 2025 – How You Can Get Involved **(<https://www.activelink.ie/node/115330>)**



Sometimes the smallest gestures make the biggest difference. On Hello, How Are You Day, happening this year on May 15th, 2025, we're inviting everyone across Ireland – and beyond – to take a moment to say hello and really check in with the people around them.

This campaign is built on a simple but powerful idea: that a genuine “Hello, how are you?” can be the start of meaningful connection, understanding, and support. Whether you're chatting with a friend, a colleague, a neighbour, or even a stranger, asking “how are you?” — and truly listening to the answer — can help reduce stigma around mental health and remind us all that we're not alone.

Here are a few ways you can get involved?

Start a Conversation

The heart of this campaign is simple human connection. Reach out to someone – a friend you haven't spoken to in a while, a colleague you usually just nod to in passing, or someone who might be feeling a little isolated. Say hello, ask how they are, and take the time to really listen. It's a small act that can have a huge impact.

Host a Hello Event

Whether it's a coffee morning, a lunch, a walk, or just a team chat at work, hosting a Hello event is a great way to get people talking. You can keep it low-key or go big – the key is creating a space where people feel safe and supported to connect. Schools, workplaces, community groups, and even virtual teams can all take part.

Decorate Your Space

Use our free downloadable resources to bring a splash of positivity to your environment. Posters, conversation starters, and activity ideas are all available at www.hellohowareyou.info (<http://www.hellohowareyou.info>). It's a fun and easy way to get others curious and engaged with the day.

Spread the Word Online

Social media is a powerful tool to raise awareness. On May 15th, post a message, photo, or video using the hashtag #HelloHowAreYou to show your support. You never know who might see your post and feel encouraged to reach out or start a conversation of their own.

Build Your Confidence

Not sure how to ask someone how they are — or what to say if the answer isn't “I'm grand”? That's okay! We've got helpful

tools and training resources to guide you. Our conversation steps (HELLO – H.E.L.L.O.) give you a simple framework to follow, so you can feel more confident checking in with others.

Why It Matters

Mental health conversations don’t need to be complicated. They just need to happen. Saying “hello” might seem small, but it opens the door to empathy, connection, and support. It lets people know they’re seen and valued – and that help is available when needed.

So, this May 15th, be part of the movement. Say hello. Ask someone how they are. Remember to really listen. Together, we can make the world a friendlier, more connected place — one conversation at a time.

Visit hellohowareyou.info (<https://hellohowareyou.info>) to download your event pack, posters, and tips to help you get started.

Region
Nationwide

[Hello, How Are You Day May 15th 2025\(https://hellohowareyou.info/hello-how-are-you-day-may-15th-2025-how-you-can-get-involved/\)](https://hellohowareyou.info/hello-how-are-you-day-may-15th-2025-how-you-can-get-involved/)

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