

Mental Health Ireland (<https://www.activelink.ie/node/548>)

Mental Health Ireland is a national voluntary organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

Mental Health Ireland is made up of a network of local Mental Health Associations (MHAs) throughout the country who are affiliated to and share the same objectives as the national body.

Mental Health Ireland is affiliated to Mental Health Europe and the World Federation for Mental Health.

Activities.

The activities of Mental Health Ireland include:

- Supporting local Mental Health Associations in their work by providing information and training and through a network of Development Officers working around the country.
- Actively Campaigning and Advocating to improve national mental health policy and service provision.
- Providing an Information Service on issues relating to mental health and mental illness through information fact-sheets, this website and directly by telephone, post and email.
- Undertaking Research on mental health topics, such as the recent national survey on stress in the workplace and the home.
- Organising Conferences, Courses, Workshops and Seminars on a wide variety of issues relating to mental health. MHI also promotes and co-ordinates activities to celebrate World Mental Health Day on the 10th October each year.
- Developing Mental Health Promotion Programmes, including:
 - The National Public Speaking Project for senior students in post-primary schools and colleges which promotes an awareness of the importance of positive mental health, while developing public speaking skills.
 - Mental Health Matters, a mental health resource pack for 14-18 year olds which addresses the issue of mental health in a realistic, relevant and age appropriate manner.

Contact Info

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