



WORLD MENTAL HEALTH DAY

10th of October

WEEK OF EVENTS



DATE	TIME	EVENTS
6 th Tuesday	10.00am-12.00pm	Tipperary ETB Mindfulness with Sarah www.fetchcourses.ie
	11.00am -1.30pm	See Change See Change's 8th annual Green Ribbon campaign virtual launch https://www.eventbrite.ie/e/see-change-green-ribbon-2020-virtual-launch-cork-registration-118923374013
	10.00am-10.45am	Suicide or Survive Wellness Workshop https://event.webinarjam.com/register/374/4v9lofv4
7 th Wednesday	6.30pm-9.00pm	Tipperary ETB Managing Uncertainty www.fetchcourses.ie
		Suicide or Survive Wellness Workshop www.event.webinarjam.com/register/373/7V8L2FV
8 th Thursday	10.00am-11.00am	South Tipperary Action Network Dr Harry Barry Live Webinar on Mental Health and Resilience to book email trainingsro@hse.ie
	10.00am-11.00am	Pavee Point Aboriginal Australian and Traveller Mental Health- Addressing Racism and Discrimination with Yin Paradies, Professor and Chair in Race Relations at Deakin University, Australia. to book email geraldine.mcdonnell@pavee.ie .
	3.00pm-4.00pm	LifeLinkk Kilkenny Afternoon Tea Dance Broadcast live from Community Radio Kilkenny
	11.30am –12.30pm	HSE Primary Care and Child Psychology Carlow / Kilkenny Online Parent Webinar – Managing Mood Difficulties To book email Kilkenny.psych@hse.ie
9 th Friday	10.30am-12.00pm	Tipperary ETB Yoga Workshop Online www.fetchcourses.ie
	9.00am- 12.00pm 2.00pm -4.00pm	National Research Suicide Foundation Suicide, Self- Harm and Mental Health Seminar Research Presentations Workshops and Masterclasses https://www.eventbrite.ie/e/virtual-seminar-on-suicide-self-harm-and-mental-health-2020-tickets-119222434511?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing
	10.30am-12.00pm	Tipperary ETB Yoga Workshop www.fetchcourses.ie

	10.00am-1.00pm	Mental Health Ireland Sharing the Vision - Translating Policy into Practice Webinar A Mental Health Ireland's webinar to mark World Mental Health Day, Sharing the Vision - Translating Policy into Practice. https://www.eventbrite.ie/e/sharing-the-vision-translating-policy-into-practice-webinar-tickets-121195427787
		Other Online Events: Carlow Mental Health Association Mensana Festival All event details available on facebook YOULEAD 1 st annual youth mental health research meeting – informing policy, changing practice Lunchtime webinar series from 5 th -9 th October All events details available on Eventbrite