

TIME TO TALK ABOUT MENTAL HEALTH

THE SILENCE OF STIGMA

IRELAND

YOUNG MEN

FARMERS

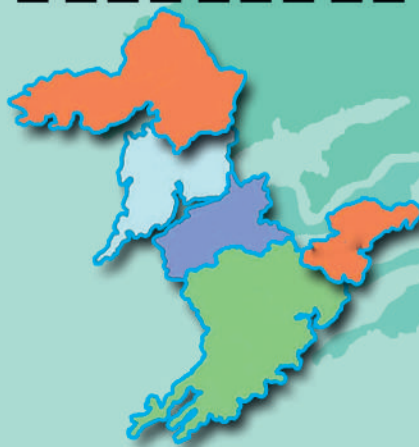
1 IN 4
EXPERIENCE A MENTAL HEALTH PROBLEM



THAT'S ENOUGH TO FILL CROKE PARK **14** TIMES OVER



THAT'S **6** TIMES THE COMBINED POPULATION OF ALL OUR UNIVERSITIES & COLLEGES



MORE THAN THE COMBINED POPULATION OF **CORK, CLARE, GALWAY, LIMERICK & WATERFORD**

57% BELIEVE THAT BEING OPEN ABOUT MENTAL HEALTH IN WORK WOULD HAVE NEGATIVE IMPACT ON CAREER PROSPECTS

56%

72%

72%

Would not want others to know about their mental health problem

41%

56%

39%

Would hide a mental health problem from friends

28%

35%

33%

Would delay seeking professional help for fear of others finding out

47% BELIEVE THAT BEING OPEN ABOUT MENTAL HEALTH AT WORK WOULD DAMAGE RELATIONSHIPS WITH COLLEAGUES

90 PARTNER ORGANISATIONS

300,000 FREE GREEN RIBBONS

LET'S GET IRELAND TALKING THIS MAY

100 LOCAL EVENTS

50 CAMPAIGN AMBASSADORS

200 VOLUNTEERS

Are you ready to start your conversation?

@greenribbonIRL #TimetoTalk