



A Quick Guide to Hello, How Are You?



www.HelloHowAreYou.info



Contents



1. About	1
Who are Mental Health Ireland?	1
What is the Hello, How Are You? campaign?	1
Why do we say Hello, How Are You?	1
The history of the campaign	2
How to get involved	3
2. Resources Available for the Campaign	4
H.E.L.L.O. Steps	5
The 'Hello, How Are You?' Conversation Card	11
3. Supports for Having the Conversation	12
Listening skills	13
4. Supports Available	14
Impacts of the Hello, How Are You? 2022 campaign	15



1. About Hello, How Are You?

Who are Mental Health Ireland?

Mental Health Ireland is the longest established Mental Health charity in Ireland, founded in 1966. The aim of Mental Health Ireland is to promote mental health and wellbeing for all and to support people with lived experience of mental health challenges in their recovery. You can find more information on Mental Health Ireland, including our Mission and our Vision, on our website www.mentalhealthireland.ie

What is the 'Hello, How Are You?' campaign?

Hello, How Are You? is a campaign about connection and engaging in open conversations about mental health.

The campaign asks individuals, communities, workplaces, schools, colleges, friends & family to **say Hello and ask the question 'How Are You?'** in a meaningful way. Asking this small question and having one conversation can make a real difference in someone's life.

H: Hello E: Engage L: Listen L: Learn O: Options

H E L L O

Why do we say 'Hello, How Are You?'

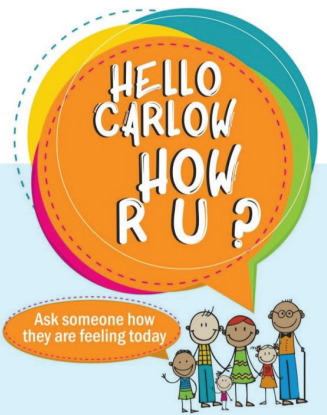
- Normalise talking about our mental health, wellbeing & recovery
- Reduce loneliness and improve community connections
- Encourage earlier help seeking and finding support
- Develop capacity and confidence within communities to support each other

History of the campaign

Carlow Mental Health Association shared the concept of 'Hello, How Are you?' campaign at a Mental Health Ireland conference.

2015

Carlow Mental Health Association created the 'Hello Carlow How R U?' campaign and rolled it out for the first time.



2018

2019



Mayo Mental Health Fair introduced the campaign in Mayo for the first time and made a proposal that this campaign become national.

2021

The campaign was introduced into Meath and Westmeath

Mental Health Ireland began its journey of developing it as a national campaign.



Events in 26 counties

Est 26k attendees at events

217 events registered

2022

198 community groups and 58 corporate organisations involved

Hello
HOW ARE YOU?

Hello
HOW ARE YOU?

The first national 'Hello, How Are You?' campaign was run across the 26 counties.



Hello, How Are You? Day will be celebrated annually



How to get involved



Simply saying Hello to a neighbour, friend, colleague, etc. by using the H.E.L.L.O. Steps



Use your lunchbreak, coffee meet up, team meeting or social gathering to say 'Hello, How Are You?'



Add the Hello campaign to an existing event and/or meeting



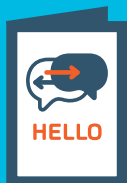
Share what we are doing on social media in community groups, group chats, etc. Use #HelloHowAreYou



Why not use your event to fundraise for Mental Health Ireland? Lots of ideas on the website.

2. Resources

Here are some of the resources we have developed to support you in rolling out the **Hello, How Are You?** campaign in your home, workplace, school, college or community.



Conversation Card

This card includes the **H.E.L.L.O. Steps** and has information on national supports available. These cards will be available during the campaign or you can download them from our website.



Toolkit/Guide

We have a toolkit/guide to help you run an event for the 'Hello, How Are You?' campaign. This includes ideas for events. It also gives you advice on how to plan and host your event.



Training

We have Training Workshops to help you understand and get the most out of the Hello, How Are You? campaign. You can register for the training online. You can also download a Training Manual from our website www.HelloHowAreYou.info



Merchandise

We have items for sale that might be useful if you are running an event. You can buy them on our website. We also have free templates and graphics that you can personalise for your event. These can be downloaded from the website. Conversation Cards and **H.E.L.L.O. Steps** are free and you can download these from the website.



Social Media Assets

We have lots of images and resources for you to share on your social media. You can download them from our website www.HelloHowAreYou.info

H.E.L.L.O. Steps

H E L L O

We have coproduced the **H.E.L.L.O. Steps** to support people to ask the question **How Are You?**



[Download The Steps in English](#)



[Download The Steps in Irish and other languages](#)

STEP 1

H



[Download The Steps
in English](#)



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STEP 2

E



STEP 2

ENGAGE

- Engage with the person
- Ask questions that are open and don't require just yes/no answers, e.g., "How have you been? What's been happening for you?"

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STEP 3



STEP 3



LISTEN

- Let the person speak and show them that you are listening
- Remember, you aren't expected to have all the answers
- Try not to react too much to what is being said



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in English](#)




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in Irish and other languages](#)

STEP 4



STEP 4

Hello
HOW ARE YOU?
Mental Health Ireland

 **LEARN**

- Try to understand what the person is feeling
- Ask what has worked in the past
- Trust that the person is the expert on themselves and what works for them

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STEP 5

O



STEP 5

Hello
HOW ARE YOU?
Mental Health
Ireland

OPTIONS

- Give the person time to talk through options
- Let them know that there are supports available, if needed.
(Information can be found on the *Hello, How Are You? Conversation Card* and website: www.HelloHowAreYou.info)
- Check in to make sure the person is OK to end the conversation

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in English](#)



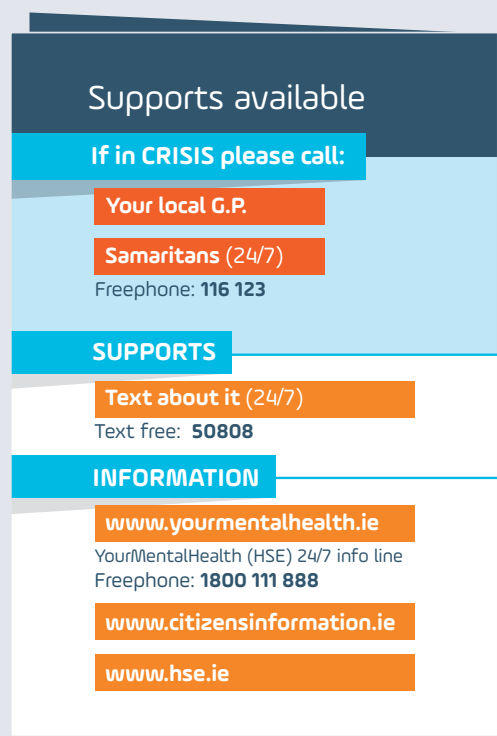
[Download The Steps
in Irish and other languages](#)

Hello, How Are You? Conversation Cards

We have lots of images and resources for you to share on your social media. You can download them from our website www.HelloHowAreYou.info
More supports can be found on Mental Health Ireland's Website: www.mentalhealthireland.ie



Front of Conversation Card



Back of Conversation Card



[Download The Conversation Card in English](#)



[Download The Conversation Card in Irish and other languages](#)



3 Supports to having the conversation

Think of the analogy '*you cannot draw water from an empty well*'. It is important to make sure there is enough water in your personal well to meet the needs of the people you engage with each day.



Ask yourself:
Am I ready to say:
Hello and ask
How are you?

YES

NO

That's ok.
Sometimes you need
to look after yourself
first. You can use the
Conversation Card to
let the other person
know of supports
and services.

You can start a
conversation with the
person about how
they are feeling, using
this helpful guide >



The Steps

Say:

Hello
HOW ARE YOU?

“Would you like to
have a chat about what's
going on for you?

I have some time now
if you'd like to...”

Does the person
want to have
a conversation
with you about
how they are
feeling?

NO

Assure the person you are
there for them if they should
want to talk at another time.

YES

Have the conversation
& follow the Steps:

ENGAGE
LISTEN
LEARN
OPTIONS

The Steps



Listening skills

Listening is an important skill. It helps build relationships with others.

1



Give the person your attention

2



Minimise distraction



3



Encourage the person to speak

mmm...
...I see



4



Ask open-ended questions

How did you feel about that?

Why do you think that is?

How have things been going with _____?



5



Let the person know you heard what they were trying to say



4 Supports available

On the back of the Hello, How Are You? Conversation Cards there are links to some national supports and services.



Supports available

If in CRISIS please call:

Your local G.P.

Samaritans (24/7)
Freephone: **116 123**

SUPPORTS

Text about it (24/7)
Text free: **50808**

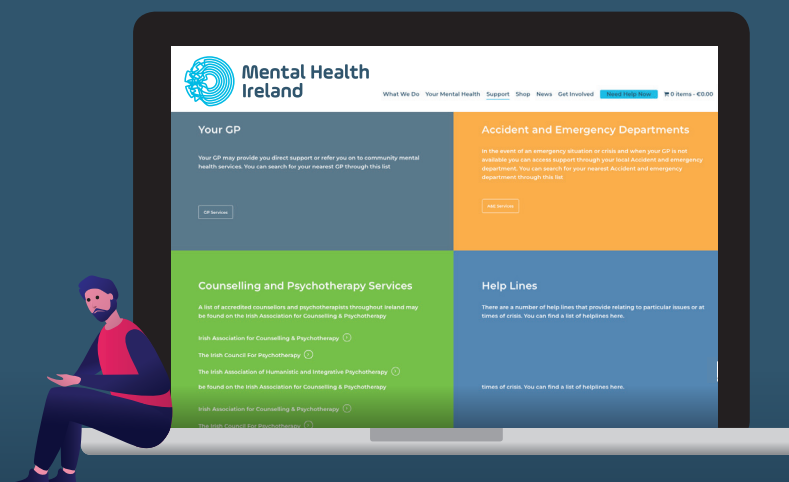
INFORMATION

www.yourmentalhealth.ie
YourMentalHealth (HSE) 24/7 info line
Freephone: **1800 111 888**

www.citizensinformation.ie

www.hse.ie

You can also go to the Mental Health Ireland website for national supports and county -by-county supports.



www.mentalhealthireland.ie

Hello, How Are You? 2022 Impact



2022

The first national 'Hello, How Are You?' campaign



Events in
26 counties

Est 26k
attendees
at events

198 community
groups and
58 corporate
organisations
involved

217 events
registered

During the 2022 'Hello, How Are You?' campaign, people were asked:

"Did you feel
listened to?"

96% said "Yes"

"Will you talk to
someone else using
the 'Hello, How Are
You?' framework?"

87% said "Yes"

"I tried this with a friend, I knew she wasn't feeling great. I asked slowly and asked again and just listened. She needed help so I gave her the right information to get help."

"It is really inspiring to see volunteers talk so openly about mental health problems. The **Hello, How Are You?** conversation has encouraged me to seek help for my own difficulties."

