



HELLO Ideas for Youthreach Centres

Dear co-ordinations,

Please see below some suggested ways to use HELLO in your Youthreach community and classrooms. There are free downloadable resources on the website or you can register online at www.hellohowareyou.info to receive bookmarks for your class. We hope you enjoy the day of connecting and saying 'Hello'.

Connecting with your Youthreach Centre (Leadership & Staff)

Event ideas for staff and learners

- [Event ideas and planning guide](#)
- The coordinator/wellbeing committee or designated learners should introduce the 'Hello How Are You' campaign before class at the start of the day and ask everyone to make an extra special effort to connect with others on the 30th of March.
- Encourage young people to make an extra special effort to speak to someone who they wouldn't normally speak with and learn about them.
- Hold a Hello cake sale or Connect Café as an opportunity to connect with the wider Youth reach community. Learners can decorate a space with the downloadable HELLO bunting.

Connecting with your classmates

Suggested Learning Activities/Experiences in the Classroom

Below is a list of suggested activities. Find our free down loadable resources on the website.

- **Design your own HELLO Poster:** Do this alone or in groups to encourage communication, take a picture and tag Mental Health Ireland on social media and use the hashtags #HelloHowAreYou and #MentalHealthIreland
- Encourage learners to host their own **HELLO event**.
- **HELLO Card** - Encourage learners to make a card using the downloadable for someone they would like to connect with or say hello to.
- Download the **Crossword** for learners to complete
- HELLO Colour in **Bunting**
- Encourage the learners to think of as many **songs with HELLO** in them as possible. Use it as a playlist in the classroom.
- Host a table quiz to encourage connecting and teamwork.
- Talk to learners about connecting and how it makes them feel. Encourage learners to **create a picture/ a short video** entitled 'What connection means to me', make it a competition!



Connecting with yourself

- Check out Mental Health Ireland's [Mindfulness and Meditation](#) resources.
 - [Guided Practices](#)
 - [Mindfulness Creativity Workbook](#)
 - [Mindful Moments](#)
- Journal prompts
 - Who have I connected with today and how did it make me feel?
 - [Reflect](#) on [three good things](#) from your day, e.g. A nice cup of coffee, a good sleep, a nice chat with [someone new](#).
- Check out Jigsaw's [support articles, videos and online courses](#) for young people and those working with young people.
 - [Relaxation for mental health | Advice for Young People | Jigsaw](#)
 - [How To Practice Gratitude | Watch Now | Jigsaw.ie](#)
 - [ACE tool | Advice for Young People | Jigsaw](#)



Mental Health Supports for Young People

24hr Services/Hotlines:

- Emergency Services – 112 or 999
- 50808 Text About It – Text HELLO to 50808
- Childline – Text Talk to 50101 or call 1800 66 66 66
- ISPCC TeenLine – 1800 833 634
- National LGBT+ Helpline – 1890 929 539
- Pieta House – Text HELP to 51444 or call 1800 247 247
- Rape Crisis Helpline 24hr – 1800 77 8888
- Samaritans 24hr – 116 123
- Teenline: Phone 1800 833 634
- HSE Your Mental Health Information Line: 1800 111 888

National Supports:

- Belong To (LGBTQ+ Support) – www.belongto.org Office Tel: 01 670 6223
- BodyWhys (Eating Disorder Support) – www.bodywhys.ie Office Tel: 01 283 4963 Helpline
Tel: 01 210 7906
- SpunOut – www.spunout.ie
- Jigsaw online [Talk online | Advice and Support for Young People | Jigsaw](#)
- [What are the mental health services for over-18s? | Jigsaw](#)
- [Online Mental Health Support | Advice for Young People | Jigsaw](#)