

# Say Hello on May 15<sup>th</sup>



Event:

Date & time:

Venue:

Say **Hello** and ask: **How are you?**

A large speech bubble graphic with a dark blue outline and a white-to-orange gradient background. The word "HELLO" is written in large white letters across the top. Below it, the word is broken down into five columns, each with a specific action and description.

<b>H</b>	<b>e</b>	<b>l</b>	<b>l</b>	<b>o</b>
<b>HELLO</b>	<b>ENGAGE</b>	<b>LISTEN</b>	<b>LEARN</b>	<b>OPTIONS</b>
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options



Mental Health  
Ireland

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[www.HelloHowAreYou.info](http://www.HelloHowAreYou.info)

