Say Hello on May 15th

Hello
HOW ARE YOU?

Mental Health Ireland

Event:

Date & time:

Venue:

Say Hello and ask: How are you?

H	**e**	**l**	**l**	**o**
HELLO	**ENGAGE**	**LISTEN**	**LEARN**	**OPTIONS**
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

www.HelloHowAreYou.info