



# Planning an Event for Hello, How Are You?



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



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# 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](http://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 created the 'Hello Carlow How R U?' campaign and rolled it out for the first time.



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

2015

2018

2019



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



The campaign was introduced into Meath and Westmeath

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

2021

2022

- Events in 26 counties
- Est 26k attendees at events
- 217 events registered
- 198 community groups and 58 corporate organisations involved



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

Hello, How Are You? Day will be celebrated annually on May 15th



# 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



Organise a dedicated event to mark the day: a hike, an info stand, a coffee morning, etc.

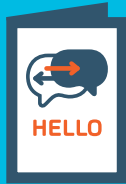


Share what we are doing on social media in community groups, group chats, etc.  
Use #HelloHowAreYou



## 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 and a self-directed eLearning Module to help you understand and get the most out of the Hello, How Are You? campaign. You can learn more on: [www.HelloHowAreYou.info/hello-training](http://www.HelloHowAreYou.info/hello-training)



### Merchandise and Resources

We have items that might be useful when you run an event. These include merchandise for sale, downloadable resources and free templates. For a complete overview please visit: [www.HelloHowAreYou.info/shop](http://www.HelloHowAreYou.info/shop) and [www.HelloHowAreYou.info/resources](http://www.HelloHowAreYou.info/resources)



### 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/resources](http://www.HelloHowAreYou.info/resources)

# 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?**



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

<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

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[Download The Steps in English](#)



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

STEP 1

H



STEP 1

Hello  
HOW ARE YOU?  
Mental Health  
Ireland

HELLO

- Say hello
- If the person wants to talk, find a quiet spot or offer to chat another time if they prefer.

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in English](#)

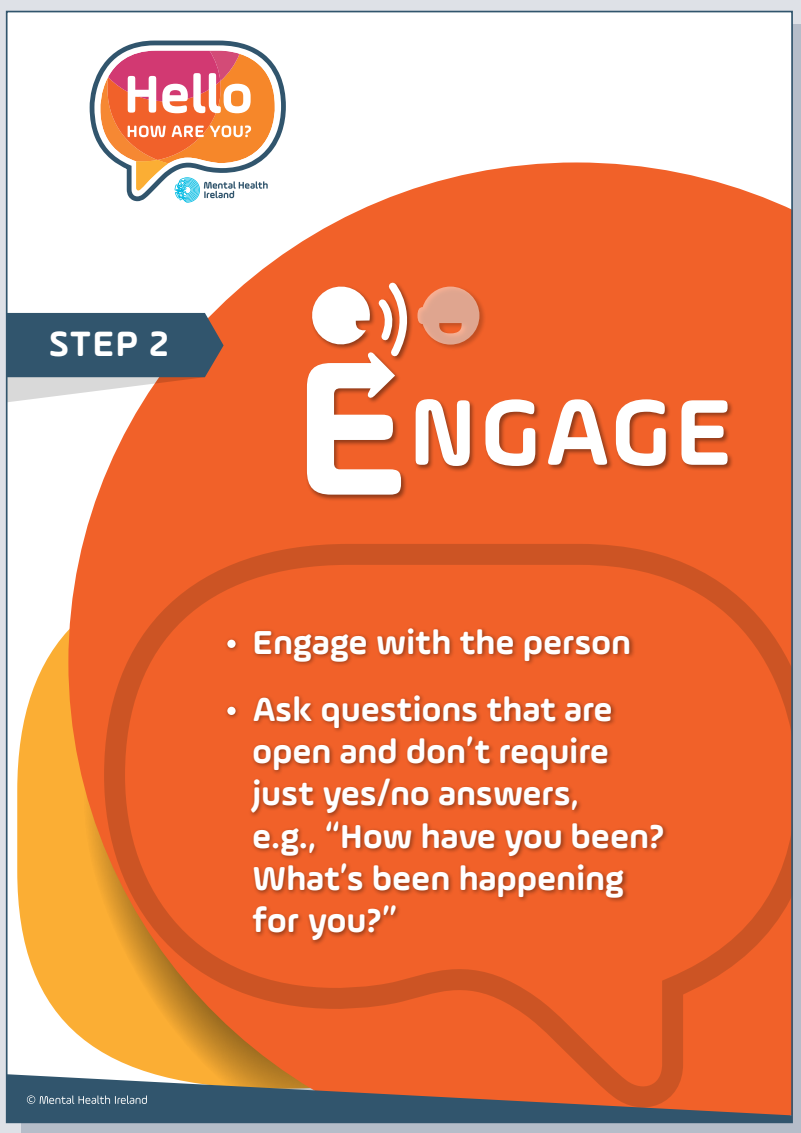


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STEP 2

# E



The infographic features a large orange speech bubble shape. At the top left, there is a 'Hello HOW ARE YOU? Mental Health Ireland' logo. Below it, a dark blue arrow points to the text 'STEP 2'. In the center, there is an icon of a person with a speech bubble and the word 'ENGAGE' in large white letters. Below this, a list of two bullet points is presented. At the bottom left, there is a small copyright notice: '© Mental Health Ireland'.

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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in English](#)



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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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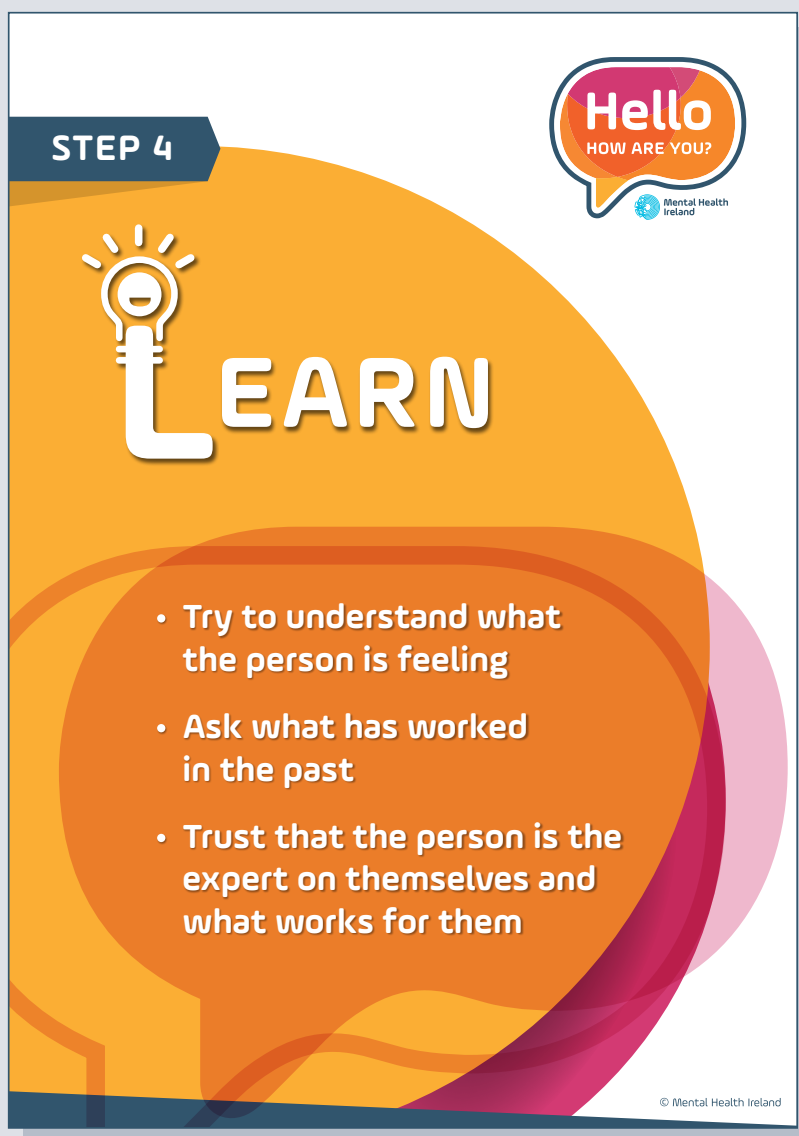
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## STEP 4

# L



The infographic features a large orange speech bubble shape on a white background. At the top left, a dark blue banner contains the text 'STEP 4'. In the top right corner, there is a 'Hello HOW ARE YOU?' logo with the Mental Health Ireland logo below it. The word 'LEARN' is written in large, white, bold letters, with the letter 'L' stylized as a lightbulb with rays emanating from it. Below the word, there is a list of three bullet points. At the bottom right, there is a small copyright notice: '© Mental Health Ireland'.

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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in English](#)



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in Irish and other languages](#)

## STEP 5

# O



**STEP 5**

**Hello**  
HOW ARE YOU?  
Mental Health  
Ireland

## PTIONS

- 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](http://www.HelloHowAreYou.info))
- Check in to make sure the person is OK to end the conversation

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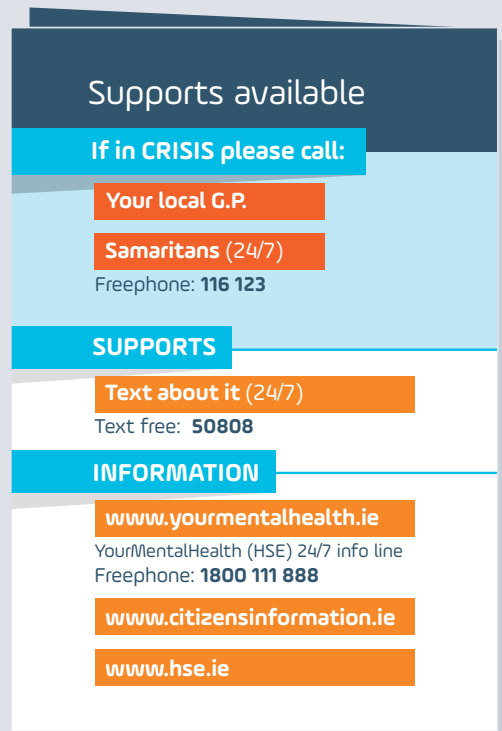
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in Irish and other languages](#)

# 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/resources](http://www.HelloHowAreYou.info/resources) More supports can be found on Mental Health Ireland’s website: [www.mentalhealthireland.ie](http://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. Running an Event

## A Step-by-step guide to running a 'Hello, How Are You?' event

Our **5 Step Guide** will help you to plan and run your **Hello, How Are You?** event, particularly if you are working with other groups or in a partnership. There are a number of ways to roll out this campaign. For example, it could be:

- a coffee morning
- a fun run/walk
- information stands at a reception or college
- a virtual social media event
- a fair
- a fundraising event
- a Connect Café
- a walk/talk (schools)
- something linked to an existing event

All ideas are welcome as long as they connect people and offer opportunities to start conversations. Please note, the resources, budget and funding required will vary depending on the events run.



### STEP 1

## Discover

**Check locally if there's an interest in running a 'Hello, How Are You?' event**

**You could work with lots of other groups or organisations:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• local Mental Health Association</li> <li>• Family Resource Centre</li> <li>• local Suicide Prevention Officers</li> <li>• local authorities</li> <li>• residents associations</li> <li>• development groups</li> <li>• peer workers</li> <li>• recovery educators</li> <li>• Connecting For Life groups</li> <li>• men's/women's sheds</li> <li>• age action/active retirement groups</li> <li>• people with lived experiences &amp; family members</li> </ul> | <ul style="list-style-type: none"> <li>• minority groups</li> <li>• parents' associations</li> <li>• sports groups</li> <li>• youth clubs</li> <li>• libraries</li> <li>• direct provision groups</li> <li>• HSE</li> <li>• LGBTQI+ groups</li> <li>• local businesses</li> <li>• sponsors</li> <li>• local media</li> <li>• existing groups or committees</li> <li>• student unions/student groups</li> </ul> |
|---|--|

**If you do work with another group, try to have a mixture of people with different skills, if possible.**



## STEP 2

# Develop

Bring people together and learn more about the campaign

- Discuss campaign ideas with your group.
- If you want more information contact Mental Health Ireland  
Email: [support@HelloHowAreYou.info](mailto:support@HelloHowAreYou.info)
- Consider if you would like to take part in the Hello, How Are You? Training Workshop.



## STEP 3

# Decide

Plan and build your 'Hello, How Are You?' event

- Choose the type of event you are going to run
- Decide and confirm the venue where the event will take place.
- Consider if you need volunteers. Your local Volunteer Centre can be a great support for recruiting volunteers.
- Order Hello, How Are You? Conversation Cards and merchandise packs through the Hello, How Are You? website. Download the free graphics and resources. If investing in additional merchandise download templates from the website and discuss with a local printing company.
- Discuss how to promote and advertise the event in your area, for example: through flyers, posters, press releases, radio interview, newspaper adverts or social media.
- Register your event at [www.HelloHowAreYou.info/get-involved/i-want-to-run-an-event](http://www.HelloHowAreYou.info/get-involved/i-want-to-run-an-event)

It is a good way to promote your event because it will be added to our Events Calendar.

## STEP 4

# Deliver

Run your event on the 15th of May or another day close to it that suits

- Distribute merchandise, information and literature
- Give roles and responsibilities to each member of the working group and to volunteers
- Have information on local and national support services available to people during the event
- Take photos of the event (make sure to get people's permission before sharing the photo). Share with us on social media using the hashtag #HelloHowAreYou or email them to support@HelloHowAreYou.info
- After the event, reflect and chat as a group about how it went and what you have learnt
- Celebrate the success of the event!



## STEP 5

# Document & Feedback

### Feedback – Have your say

We really value your feedback and would love to hear about your experience of Hello How are you?, so that we can continue to understand what works, and what we can improve. You can have your say by:

- Visiting our website for both online and downloadable feedback forms
- Having participant feedback forms and posters with a QR code available at your event
- During your event, taking note of moments and conversations that stand out
- Taking time to reflect on how the event went
- Sharing your feedback with us on the website [Link to Feedback webpage](#)

# 3 Event Ideas

Event Ideas	Things to Consider / resources needed
<p>Incorporate <b>Hello, How Are you?</b> into existing events: sports training, support groups, team meetings, etc.</p> <p><b>Coffee Morning</b> virtual or face-to-face</p> <p><b>Connect Café</b> <a href="http://www.mentalhealthireland.ie/virtual-connect-cafe">www.mentalhealthireland.ie/virtual-connect-cafe</a></p> <p><b>Walk or Run</b></p> <p><b>Workshop or Talk</b></p> <p><b>Information Stand</b></p>	<p><b>Note:</b> Most of the merchandise and templates for posters etc. can be <b>purchased or downloaded on our website:</b> <a href="http://www.HelloHowAreYou.info">www.HelloHowAreYou.info</a></p> <ul style="list-style-type: none"> <li>• <b>Information: Hello, How Are You? Conversation Cards</b> and relevant national and local information leaflets about mental health.</li> <li>• <b>Merchandise:</b> Order one of our merchandise boxes online <a href="http://www.HelloHowAreYou.info/shop">www.HelloHowAreYou.info/shop</a></li> <li>• <b>Refreshments</b>, e.g. tea, coffee, soft drinks, sweet treats, sandwiches - you may be able to get these sponsored or ask volunteers to bake.</li> <li>• <b>Signage:</b> posters, pull-ups and hand-held signs (for photos).</li> <li>• Host in an appropriate <b>venue</b>, for example, Community Centre, hotel, etc.</li> <li>• <b>Newspapers:</b> contact your local newspaper to cover the event and even take out an advertisement.</li> <li>• Preferred online platform, e.g. Zoom, Microsoft Teams, WhatsApp etc.</li> <li>• <b>Transport:</b> consider how people will get to the event e.g. rent a bus</li> <li>• <b>Guest speaker:</b> consider organising a guest speaker to talk at the event.</li> </ul>
<p><b>Social Media campaign</b> eg. Facebook, Instagram and X to promote the campaign</p>	<ul style="list-style-type: none"> <li>• Consider what social media platform(s) to use e.g. Facebook, Instagram, X or LinkedIn.</li> <li>• Consider what you are going to post, e.g. images of <b>H.E.L.L.O. Steps</b> or people holding hand-held signs, Facebook live, videos with messages and Conversation Cards, GIFs, IGTV, X chats, hash-tags, statistics or signposting/supports</li> <li>• Get volunteers to help e.g. monitor and manage the page and upload content/posts.</li> <li>• Local newspaper to cover the event and even take out an advertisement.</li> <li>• <b>Influencers or local celebrity:</b> get a local influencer or local celebrity involved to do some content online.</li> </ul>
<p><b>Public Event</b> An outdoor event held in a public area, e.g. community park that brings people together</p>	<ul style="list-style-type: none"> <li>• <b>Marquee hire</b> – consider the size, length of time needed, tables and chairs.</li> <li>• <b>Information stand</b> (see above)</li> <li>• <b>Outside broadcast:</b> have the local radio station cover the event and schedule a radio interview at the event.</li> </ul>
<p><b>Roadside Campaign</b></p>	<ul style="list-style-type: none"> <li>• <b>Signage:</b> road signs, stakes and hand-held signs.</li> <li>• <b>Permission</b> from your local County Council to stake down the road signs - County Council may assist in staking down signs.</li> <li>• Consider what the signs will say, e.g. <b>H.E.L.L.O. Steps</b>, support services, campaign logo, etc. or simply asking people to say <b>Hello</b> and ask <b>How Are You?</b> today.</li> </ul>



# 4 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:



“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

## Minimise distraction



2 Encourage the person to speak

mmm...  
...I see

## Ask open-ended questions

How did you feel about that?

Why do you think that is?

How have things been going with \_\_\_\_\_?

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

# Self-care

Self-care is a practice of taking actions to look after your own health.



It is important to do this after having the 'Hello, How Are You? conversation'. It is good to get into a daily habit of doing something for yourself that you enjoy.

## Self-care can be...



Follow these links for more self-care guidance and to build up a list of things to consider for your self-care:

5 Ways to Wellbeing: [www.mentalhealthireland.ie/five-ways-to-wellbeing](http://www.mentalhealthireland.ie/five-ways-to-wellbeing)  
FRC 'My little toolkit of Self-Care Practices' and 'Building Healthy Habits'



# 5 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**

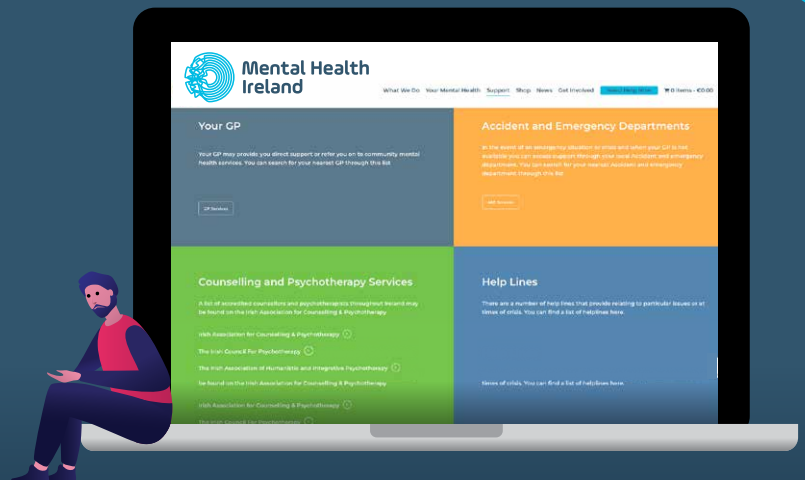
**INFORMATION**

**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](http://www.mentalhealthireland.ie)

# 6 Why get involved?

This is what some people who have been involved in the campaign to date have said...

“ I never gave it much thought, now I ask and listen. I have changed the way I say HELLO.”

“ 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.”



There are so many reasons to say **Hello** and to ask someone **How Are You?**...

Since COVID-19 people feeling less socially connected

The **latest figures from Healthy Ireland** show that since Covid-19 restrictions eased 22% of people say they feel less socially connected and 43% say that their social connectedness has not changed. (Healthy Ireland Survey Summary Report, 2023)

Someone close revealing mental health difficulties

In 2023, a **report on attitudes towards mental health** found that 47% of people have had a friend disclose a mental health difficulty to them; 41% an immediate family member; 25% a colleague; 27% a partner; and 16% an extended family member. (St. Patrick's Mental Health Services Attitudes to Mental Health Survey, 2023)



\*Find some more information about the importance of saying Hello, How Are You? in the Appendices



It feels more acceptable to talk about mental health now

A survey from Irish Association for Counselling and Psychotherapy (IACP) in 2019 found that 86% of people agree that it's more acceptable to talk about mental health issues now, than it was in the past, however this has decreased to 84% in 2023. (IACP Release Results of 2019 General Public Survey: IACP Release Results of 2023 General Public Survey: Public Perceptions and Attitudes)

This campaign de-stigmatises attitudes towards mental health by educating and opening conversations on the topic. Figures from a similar international campaign to say **Hello, How Are You?** show that participants of the campaign were six times more likely to reach out to someone who might be experiencing personal difficulties, compared to those who did not participate. (Australian R U OK? Day campaign: improving helping beliefs, intentions and behaviours (2019))

Campaign participants are more likely to reach out to someone experiencing difficulties

Campaign exposure can increase the likelihood of people using recommended supports and services

By improving connections with others to develop support networks and friendships the **Hello, How Are You?** campaign also tackles loneliness which is associated with stress, anxiety, depression, low self-esteem and poor sleeping. **Hello, How Are You?** builds awareness of suitable support services available to people in their local area encouraging them to seek help if they are experiencing any mental distress. The Australia's R U OK? Day research highlighted that the campaign exposure increased the likelihood of intentions to use recommended supports and services by up to 3 times. (Australian R U OK? Day campaign: improving helping beliefs, intentions and behaviours (2019))

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

"Did you feel listened to?"

96% said "Yes"

4% said "Somewhat"

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

87% said "Yes"

13% said "Maybe"

Research has demonstrated the impact and benefits that saying **Hello** and asking the question **How are you?** has on our mental health and wellbeing.



## Meet the Team

Developing the **Hello, How Are You?** Campaign is a team effort.

The campaign is developed, organised and planned through coproduction. The first coproduction group came together in July 2021 to plan the first national **Hello, How Are You?** campaign on 7th April 2022. The process was supported by staff of Mental Health Ireland, individual volunteers and people with lived experience, as well as representatives from national and local organisations.

The campaign continues to be implemented at a national and local level with the contribute of individuals and collaborating partners that use their experience, knowledge and skills to help Mental Health Ireland to adapt the campaign to people's needs.

Some of the organisations involved include:

- **Community groups**
- **Family Resource Centres**
- **Government**
- **HSE**
- **Iarnród Éireann**
- **Libraries**
- **Local County Councils**
- **Mental Health Associations**
- **Men's Sheds**
- **Parkrun**
- **Recovery College**
- **Schools and 3rd Level Education Institutions**
- **Sport associations**

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The coproduction group would also like to acknowledge the contributions of Louise Fitzgerald at Wise Eyes Creative, who has supported the graphic design needs of the campaign since it began.

# 7 Appendices

## Sample Budget and Costs

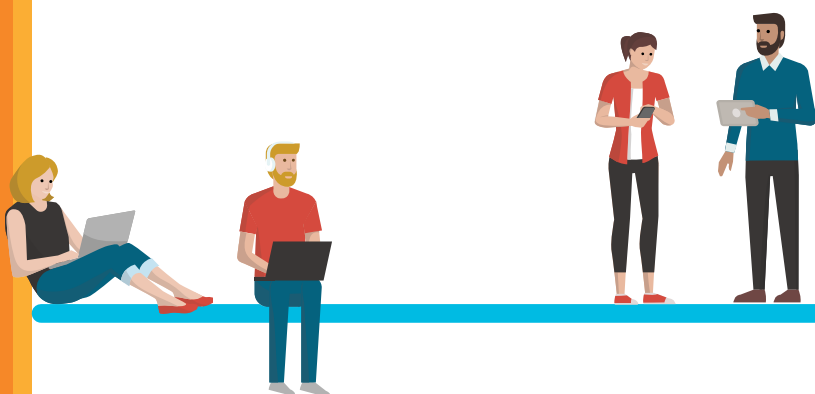
These are a sample of some of the costs that you might incur while rolling out the **Hello, How Are You?** campaign locally. Some counties/groups/communities may decide to incorporate large signs or advertisements, or others may simply hold a coffee morning and the cost may be for merchandise only. The cost of the **Hello, How Are You?** campaign will depend on the groups and communities that are rolling it out.

This is a template of approximate costs that will give you an idea when budgeting for the campaign. The prices may change locally.

**Notes:** Some of the merchandise will be available on the **Hello, How Are You?** website [www.HelloHowAreYou.info/shop](http://www.HelloHowAreYou.info/shop) for groups to order but groups can organise their own if they want merchandise customised. All costs exclude VAT. We can provide templates of most of these items that can be adapted at a local level. Email [support@HelloHowAreYou.info](mailto:support@HelloHowAreYou.info)

## Accessing funding for a ‘Hello, How Are You?’ event

**The Wheel** provides excellent support and guidance regarding possible funding opportunities and how best to submit a funding application: [www.wheel.ie/funding](http://www.wheel.ie/funding) Your **Hello, How Are You?** event may qualify for support funding depending on the Funding Schemes that are accessible in your region. These may include Healthy Ireland, local authority community grants, SICAP and National Lottery Grants. Local business and enterprises in your area may also be interested in partnering with you for your event and make an appropriate contribution, such as Credit Unions.

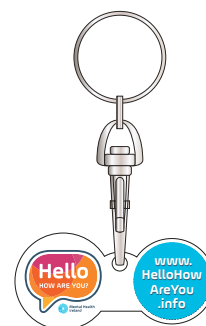


# MERCHANDISE

All merchandise for the HELLO campaign will be available in the shop, either as bundles, or boxes. Conversation cards are free of charge, we only request a contribution towards postage costs.



T-Shirts

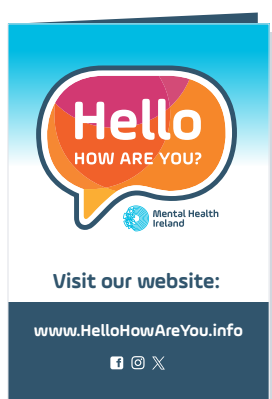


Trolley Keyrings



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

Bookmarks





Conversation Cards



# SIGNAGE

All signage is printed by the host organising the event, e.g. Family Resource Centre, University, etc. Go to the resource webpage to download samples: [www.HelloHowAreYou.info/resources/](http://www.HelloHowAreYou.info/resources/)

TYPE	Details	Approx cost	Visual example
<b>Pull-up banner</b>	<p><b>Size: 185cm x 82cm</b></p> <p>Portable backdrops with a base unit to be used at information stands, reception areas, etc.</p>	<b>€70-100 each (ex. vat)</b>	
<b>Handheld sign</b>	<p><b>Approximately 1.5ft</b></p> <p>Small, light signs made from foamex for using at photoshoots</p>	<b>€15-25 each approx (ex. vat)</b>	
<b>Posters</b>	<p>A4/A3 posters that can be displayed in local shop windows or at an information stand. (Outline design can be downloaded from <b>Hello, How Are You?</b> Website). (This may be printed through a local organisation or business with colour printer at no cost)</p>	<b>€2.50 each</b>	
<b>Road Signs / Corri Signs</b>	<p><b>2ft x 3ft Corriboard</b></p> <p>Can be put on roads surrounding villages, towns, housing estates, etc. (may need planning permission)</p>	<b>€20-30 each (ex. vat)</b>	

# Hello, How Are You? 2023 Campaign Impacts



Thank you for helping us to make 'Hello, How Are You?' 2023 a success. Here is the story so far...



**274** EVENTS ON 'HELLO, HOW ARE YOU?' DAY  
26% more than 2022!

We are estimating that there were:



**33.5k** ATTENDEES AT THESE 'HELLO, HOW ARE YOU?' EVENTS

Before the event we distributed approximately:



**300k** CONVERSATION CARDS & BOOKMARKS to help people have the conversation

In preparing for your events there were:



**2k** DIGITAL TOOLKIT DOWNLOADS

To help with your events:



**109** PEOPLE WERE TRAINED

On our social media:



**30.3k** PEOPLE LIKED, SHARED OR COMMENTED ON POSTS

On Hello, How Are You?' Day we were thrilled because



**WE TRENDED ON TWITTER No. 1**

This is what people said on the day...

"I live alone and this can be hard sometimes. From attending the Hello event I am now going to become a member of the local Men's Shed."

One little girl said "No one has asked ME how I am in a long time, they ask Mom or Dad." She was really grateful to be asked how SHE was.

"Many people at the end of the event came back to me and said the morning was a great success and they felt less alone. One person reported from that day she registered for primary care and got in touch with a family member who stopped calling."