



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? campaigns	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.

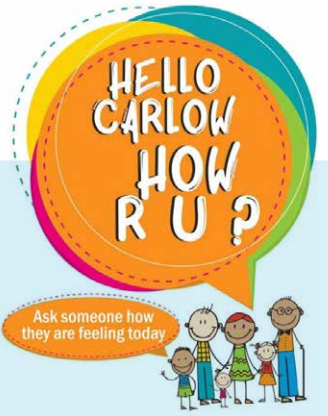
H: Hello E: Engage L: Listen L: Learn O: Options

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

2015

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

2018



The campaign was introduced into **Meath** and **Westmeath**

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

2019



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

2021

2022

Events in 26 counties

Est 26k attendees at events

217 events registered

198 community groups and 58 corporate organisations involved

Hello
HOW ARE YOU?



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

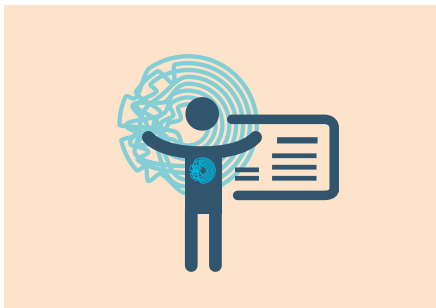
Hello, How Are You? will be celebrated annually on the 15th May



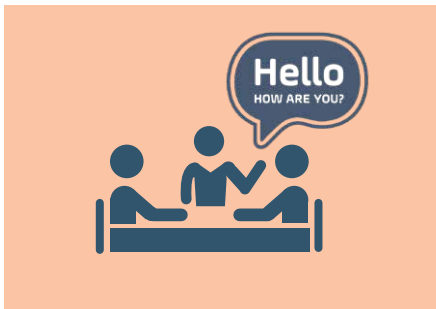
How to get involved



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



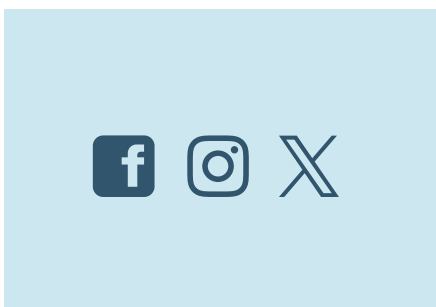
Use your lunchbreak, coffee meet up, team meeting or social gathering to say 'Hello, How Are You?'



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



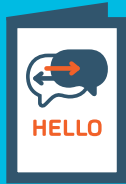
Organise a dedicated event to mark the day: a hike, an info stand, a coffee morning, etc.



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



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 and 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

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?**

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

© Mental Health Ireland




[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.

© Mental Health Ireland



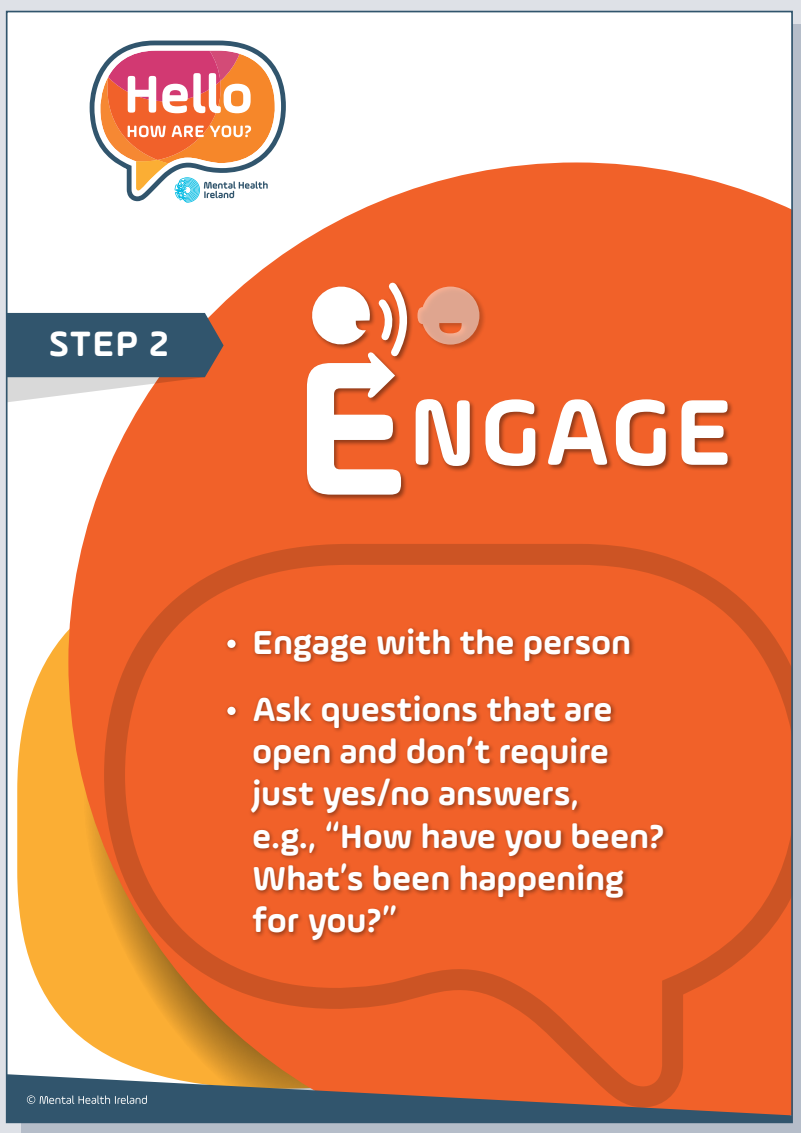
[Download The Steps
in English](#)



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

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. 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?"

© Mental Health Ireland



[Download The Steps
in English](#)



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


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



© Mental Health Ireland



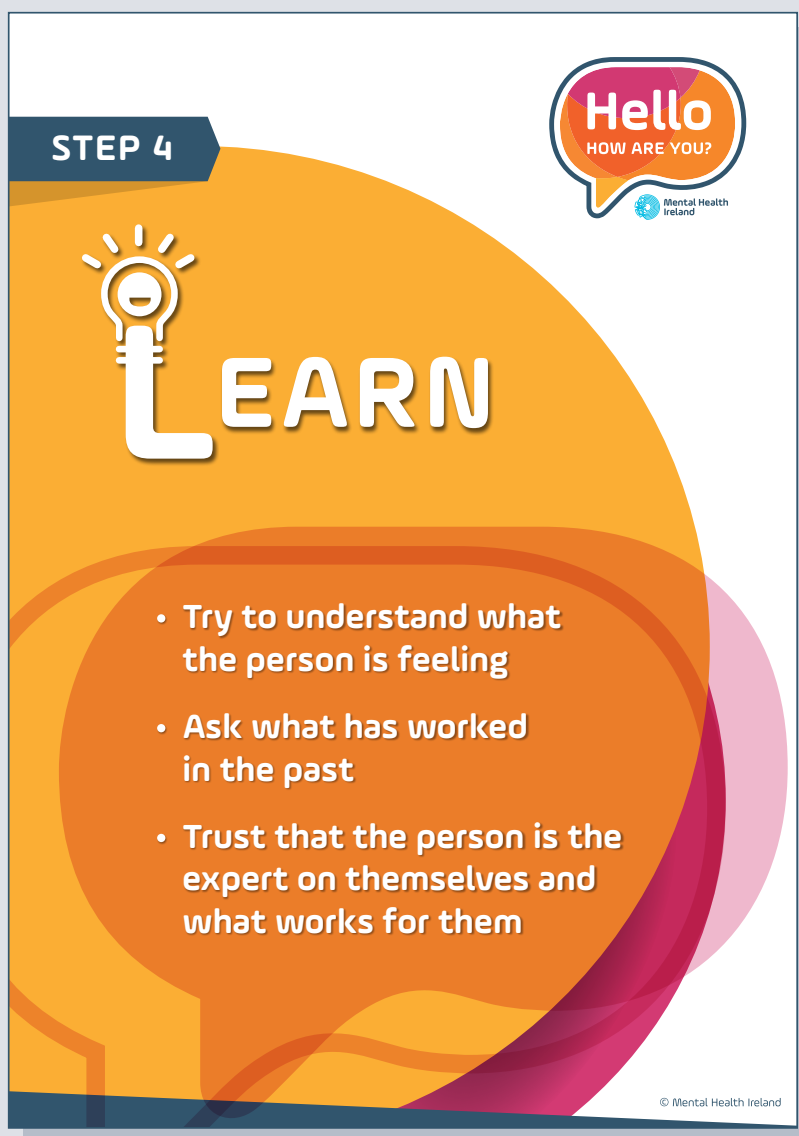
[Download The Steps
in English](#)



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

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

© Mental Health Ireland



[Download The Steps
in English](#)



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

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

© Mental Health Ireland



[Download The Steps
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/resources 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



NO

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



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?

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

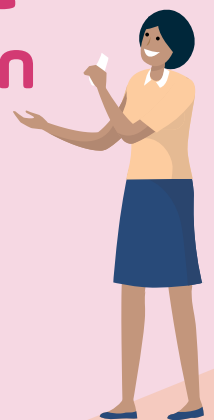
Minimise distraction



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**

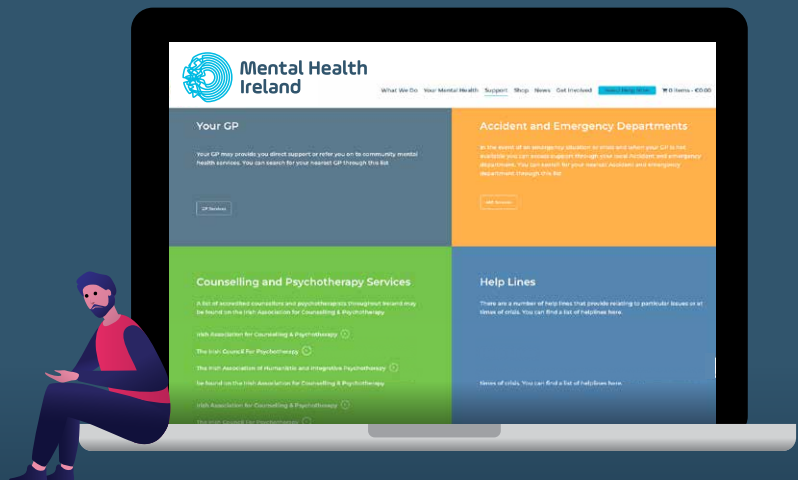
INFORMATION

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."



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."