



Invites you to a conference

on

‘Mental Health in the Workplace and Wider Community

- Date: Saturday 24th November 2018
- Registration: Friday 23rd November at 7pm
- Venue: The Connaught Hotel Galway (www.theconnacht.ie)
- Time: 10am – 4pm
- Lunch: 1-2pm
- Special Room Rate: 15% discount for attendees Quote: **CORPORATE** when booking or use code **CORPORATE** in promo code box if booking online to receive discount
- Conference fee: €105 (**made payable by cheque or postal order to let's get talking**) or by credit/debit card by telephone 353 91 765500

There will be a series of mindfulness based workshops running in the late afternoon for those that wish to participate.

Speakers on the day are as follows:

Ryan O Reilly ryanoreillyinternational.com

“Life can be tough, it’s not that it gets easier - we just learn how to cope better”

Francis P. Walsh HSE National Lead – Advancing Recovery in Ireland

“The approach to a Recovery Model into the future”

Steven Timothy Influencer

“Experience of hopelessness, depression and anxiety after an horrific accident, learning to cope with the aftermath”

Dr Sinead Murphy ICGP

“The Challenge for General Medical Practice in Mental Health Provision”

Dr Denise O'Dwyer Clinical Psychologist and Rehab Care

“An Holistic Approach to Community Mental Wellbeing.”

Yvonne Carney Defence Forces

“The Warrior Mindset”

About us **www.letsgettalking.ie**

Ethos Lets' Get Talking has an inclusive and secular ethos, committed to embracing the modern and now diverse nature of Irish Society. The elimination of barriers to access around issues of race, class, gender, nationality, sexual orientation, ethnicity, and culture are paramount.

Our mandate, as per our established charter, is informed by one important ethic – namely equity. Each client is treated according to their needs and not what they can afford to pay. As a community counselling and psychotherapy non- profit partnership, we provide professional counselling and psychotherapy support to all based on their needs, in other words, a non-set fee policy. This model positions the organisation to straddle public provision and private enterprise in a way that makes service delivery more affordable to the public and less of a strain on scarce resources. The viability of the model could be underpinned by an increase in resources through funding.

Mission

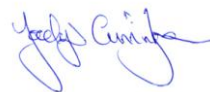
Our mission is to provide access to high quality mental health services to the communities we operate in. At present we provide almost 300 therapy sessions weekly in Dublin and Galway. This was achieved by complimenting existing services, and by filling existing gaps in service. As a general holistic rather than a single issue service, we can broaden and extend the reach of service provision by use of dedicated centres and outreach programmes. This is vital when it is considered that there is such a wide range of mental health issues which are predictive of distress up to and including suicide. These include depression, addiction, food disorders, relationship problems, psychosexual issues, sexual trauma, and so on. A major gap at the moment exists in treatment of drug abuse, alcohol, gambling, and other addictions. Part of our strategy would be to develop more centres throughout Ireland offering adequate counselling services to all those seeking help.

In order to assist ongoing viability and further extension of the service we have increased our fundraising focus with upcoming events. This conference seeks to develop and broaden the public discourse regarding wellness in our communities. Hence our decision to concentrate on all local representatives throughout the length and breadth of the Ireland, as being the closest link those same communities. The proceeds of the conference will go towards client services in our centres.

Yours sincerely



Cyril Hyland
Co-ordinating Manager



Jocelyn Cunningham
Fundraising/PR Consultant