Connecting Minds

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**Season 3 Episode 1: Treasa Fox, PCHEI & TUS Midlands**

**Useful links:**

Mental Health Ireland: <https://www.mentalhealthireland.ie/>

Hello How Are You? Campaign: <https://hellohowareyou.info/>

USI Mental Health Website: [https://mentalhealth.usi.ie/](https://mentalhealth.usi.ie/%20)

USI Mental Health Social Media: [https://twitter.com/MentalHealthUSI](https://twitter.com/MentalHealthUSI%20)

Sources of Help & Support for your mental health: [https://mentalhealth.usi.ie/i-need-help/help-in-a-mental-health-emergency/](https://mentalhealth.usi.ie/i-need-help/help-in-a-mental-health-emergency/%20)

National Office for Suicide Prevention: <https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/>

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**SPEAKERS**

Sarah Hughes, Jo Donohue

**Sarah Hughes** 00:01

You're listening to Connecting Minds, the student mental health podcast brought to you by the Union of Students in Ireland. Hello, and welcome to season three, episode two of Connecting Minds. I'm your host, Sarah Hughes. I'm delighted today to be introducing you to Jo Donohoe, Mental Health Promotion Manager with Mental Health Ireland. Welcome, Jo. Thanks very much for joining us today.

**Jo Donohue** 00:21

Thanks a million for having me, Sarah, I'm absolutely delighted to be here. And telling you all about our amazing campaign Hello, How Are You.

**Sarah Hughes** 00:30

Absolutely. I'm so excited about this campaign. I know it's not the first year running it, but I love the overlaps that it has with our own Open Up campaign, but how it goes deeper as well. Em, could you tell us a little bit about the campaign and what it's all about?

**Jo Donohue** 00:43

Yeah, absolutely. Well, the first thing is, it's a grassroots campaign, which is, which is amazing. So this is a campaign that started in County Carlow. 2015. And it's based on an initiative over in or campaign over in Australia called the are you okay? day. Now while that are you okay? day is a suicide prevention campaign but it's the, it's similar, it's like asking, are you okay? So we want to make it a bit more Irish. Actually, we want to make it a bit more Carlow. And we'd called it then, you know, how are you, and it was running for a few years in Carlow mental health Ireland then kind of thought, you know, we're affiliated with the Mental Health Association, Carlow was affiliated to mental health Ireland, and we were receiving support, we then, we're thinking like, we might be able to get this make this a little bit bigger. So we fared at a brag and steel event and a couple of other mental health associations. Mayo took it on and really loved it as a campaign. And it translated a little but different in Mayo, which was lovely. And then Meath, and Westmeath took it on as well. So after that kind of testing of Mental Health Ireland, decided to kind of invest in the campaign and develop it as a national campaign, which is what we saw last year, the first year of the national campaign. And to be honest, Sarah, we were blown away with it with its impact. And with the engagement, first year of any campaign, you kind of expect to, you know, to be, you know, banging down doors for people to get involved. But in fact, it was the opposite we, we'd huge engagement. So last year, we had 200 events run across the country. And we developed lots of resources for organizations and individuals and companies to or groups to organize events. But, I suppose, the main, the Hello How Are You? campaign is is about meaningful conversations. So the idea around it is to say hello to somebody on the day this year, it's the 30th of March 30 of March. So it's about saying hello, and asking the question, how are you but asking meaning. So we often walk down the street and say, Hey, how's it going? And, you know, howaya, what's the crack? and whatever. So it's about actually being really thinking about that question. And being, you know, prepared for the answer. And I suppose putting a little bit more effort in how we're asking that question. So I think that's really important. What we've done in Mental Health Ireland Ireland, and you see it here in one of my backdrop, and we've developed these, which are called conversation cards. And this is the main framework of the, the and the main resource of the campaign. So what it does is it kind of offers people steps to ask some questions. So we're not just saying to people, Hey, go out and say, Hello, how are you?, we've given them information on the different steps. So the hello is. So it's, say, Hello, engage, learn about the person, listen, and then the options for the person. So if you do have a conversation, and someone is having some challenges, it's very much about, like, engage with them. So we're encouraging people to maybe pick the space. So you know, if you if you're having a conversation, maybe go into a quiet place, maybe have a coffee with them or be out for a walk, it's about learning what's going on for the person so that you're not making assumptions. So it's not like oh, you're saying you're tired, oh, it must be because you have a brand new baby or a new job, you know, really, like, you know, give a bit of time to learn about what's going on, and then listening. And that's really important. So it's that piece of, you know, really try to listen to the person so the person feels heard. And then the options so and it's not about, you know, you having options for that person or solutions for the person, but it's about them having looking and exploring the options for themselves, how can they move forward from the challenge? And so we've developed a lot of resources to support people like we have the conversation card on our website in 13 different languages. We have lots of schools resources as well actually and resources for third level colleges as well. We've, we've linked it to some of the curriculums. We have posters, we have posters in different languages. So we've developed a lot of resources. But even though this is a mental health campaign, it's about, you know, having meaningful conversations. It's about breaking the barriers to having conversations about mental health, it's about connection, it's about looking at trying to tackle isolation. It's about people knowing where to get support and help if they need us because there's a signposting element. But when we talk about connection, it's really important because it doesn't have to just be about cha-, someone who's having challenges, you know, so it can be just connecting in with a friend that you haven't seen in a while, it can be feeling part of something bigger than yourself. So so we would say that to people, like, you know, maybe to have a think about who you want to say, Hello, and how are you to on the day, but if and if you're not comfortable with the How are you, it can be maybe just stop at Hello, you know, you know, when it could be walking down the street and having you know, eye contact with somebody. And that can be a connection, you send in a text to somebody that can be a connection, you know. So there's lots of different levels to this. And while mental health Ireland has offered toolkits and supports and resources for organizations across the country to organize events for the Hello, we want individuals to get involved as well. So like organizations are organizing events, and they are saying hello, there actually are companies this year saying hello to their staff, how are you, you know, or we value you like, our local creche here where my son is. They're getting involved and the board of management is organizing a nice lunch for the staff, like Happy Days, you know, so they're, they might not be saying, How are you but they're saying we value you, you know, which I think, there's a look, there's a lovely, lovely thing to do. So there's lots of levels to this as a campaign, we at the moment, we're we're expecting to have about 250 events across the country, Irish rail are involved, we we're going to be in Heuston station, and in our conversation cards on the day in Kent Station in Galway and in Ceannt station, or sorry, Ceannt in Galway and Kent in Cork - very confusing, they sound so similar. So we're going to be handing out our conversation cards, engaging with people asking people who they want to say hello to. It's just really, it's really exciting. I'm so passionate about it now. So you have to stop me if I'm talking too much. Because I literally go on a rant about it. I was involved in the initial Hello, how are you in Carlow in 2015. And I've seen this grow from that. And lucky enough now to be the national lead for it and being employed by mental health Ireland to bring it to them to another level with the most amazing team. You know, we have a team looking after fundraising elements, corporate elements, evaluation training resource like unreal. So, you know, so that's where that's where that's where we're at. That's, I suppose the crux of Hello.

**Sarah Hughes** 07:38

It's it's such a fantastic campaign, like our open up campaign, it encourages people to open up around like it, obviously, if they're struggling with their mental health themselves to open up and seek help. But also to kind of normalize that conversation, you know, when you say, Hey, how's it going? In Ireland we're like, Yeah, I'm grand, yeah, I'm fine, you're not going to really hear well, actually, I'm not having a great day today. And we, we sort of encouraged that. But I think the messaging of our campaign is encouraging the person who needs to talk to be the one to make this first step. But we also understand when you're having a tough time, it can be so hard to make that first step. And so having somebody approach you and say, How's it going, how are you doing can actually be that sort of thing that breaks the dam for you to be able to open up. And I think the bit you were saying there about the the act of Listen, like we're great in Ireland about having a solution ready to go. And I think it's it's a barrier, particularly for many students, like we understand from research, we did pre COVID, that students would like to be there more for their friends when they're going through a tough time. But they don't really feel confident in doing that. And my gut feeling is that it's because they're like, Well, I don't know what the solution is for them. And I think there's a power in knowing that you don't have to be the solution in order to be of help to somebody. And you know, just within that conversation, even just the conversation itself, can be a part of a solution.

**Jo Donohue** 09:08

I think, actually, sometimes that can really disempower when someone is trying to fix something for somebody else. Because, you know, we've all been in that situation, like how am I to learn unless I can figure this out myself. And sometimes there is no solution, like there isn't a physical solution or there is and sometimes it's about someone just changing their thoughts on something. It's sometimes it's about acceptance, sometimes it's about not accepting. So it isn't really clear cut, like, these are the solutions. And I know, you and I were chatting before this and I was telling you like that I was I was having a chat the other day with somebody and I went straight into like, looking at the person solutions for them, I think, oh my god, what am I doing? Like this is not helping that person. Like I was talking over her to say, Hey, are you trying to, like eating ok, and, you know, and I really wasn't listening because when the more I speak, the less I'm hearing, you know, and to be a good listener and to be, is allowing an opportunity for a person to be heard. Because sometimes that's, that's enough, doesn't have to be about the solution and the person can walk away and the world is not saved, but the person may feel heard, you know, may feel seen. And that might be enough, they may feel connected. And that might be enough.

**Sarah Hughes** 10:26

Yeah, and I think as well, like, if you if you automatically jump into Have you tried this, have you done this? And the person is going Yes. And yes, and yes. And yet, they're still feeling that way. You could be unwittingly make that person feel like a failure, because well you're all your solutions, your offering didn't fix things for me.

**Jo Donohue** 10:42

Yeah,

**Sarah Hughes** 10:42

you know,

**Jo Donohue** 10:42

or it's like, they this works for me, you know, and I'm always really conscious of that, because, you know, I've been part of conversations where someone has said, like, you know, if it's weight loss or something, like, Oh, you have to try this program, this program, like, I lost all the weight on this program. And you're like, Well, you know, I tried 100 programs, and none of them have worked for me. So I'm conscious. Like, when I'm saying, like, say, at the moment, I'm counting calories with that, right? And I might say to somebody, this is working for me really well, this is the app, you know, or I'm walking that's working for me. But it's not like oh, you have to try this. It's like, reframing how you talk about something, which becomes less of a barrier to the other person, because they're like, Oh, my God, this person won't drop it until I do what they did, because it worked for them. Because we're all individuals, you know, and we all have different favorite colors and different favorite foods, and we're just not the same people. You know, I think that that's really important. And as you said, as well, Sarah, like it, it can be a barrier, because someone's like, well, I don't know how to fix that for that person. So I'm not gonna even start that conversation. And if we change our thinking on that. And if we see it as a conversation, and not as someone stepping in to make something better for somebody else, that the conversation is enough. And I think if we can look at that, and change our thinking, then we will have more meaningful conversations. And then there's a ripple effect to that, you know?

**Sarah Hughes** 12:09

Absolutely. And I think that feeds back into what you were saying about, you know, it's not even necessarily about, you know, the, the idea of it being specific to somebody that you know, is struggling, that you're reaching out, it's about just making that connection, because I think, you know, particularly we know in the student population, that loneliness is a big issue and isolation and particularly like the the date for this campaign is the 30th of March, which is right before exam period, when you know, everybody's hermited away, studying the books and all of that. And I think there's a if we don't focus it on a problem solving sort of approach, we can actually have these conversations in a preventative way in terms of, well, we've kept connections up with somebody, we've, you know, we've helped to mitigate that loneliness, where they don't have an identifiable issue or a mental health struggle, per se. But we've also had played a small role in helping them not get to the point where they have that issue. And I think particularly as we're coming out of, you know, I know, we're a good bit down the road from lockdown and that from COVID. But I think we are still feeling the impact of having been isolated so much, that, you know, having, you know, we see social anxiety and people not knowing really how to make small talk anymore and stuff. And the Hello, how are you? Framework does just that it provides a framework that both sides of the, of the people in the conversation can say, Okay, well, we, we have steps we know we can follow to get to a shared connection at the end of it. And I think that's a huge part of the power of this campaign.

**Jo Donohue** 13:44

And I think that's a really lovely way of putting it there is like the shared connection. So it's not, it's not the power of one, it's the power of the connection and the conversation. So it's not me doing, it's me being involved in and I think that's really important. And sometimes people don't want to have a conversation and that's fine. You know, and I think that's all part of it. Like, you might say to someone how are you? And you know, like, I remember, I heard an interview about the are you ok? day. And and when I in Australia, and I thought this is cool, let's try this in Carlow, and I brought it to the committee, the committee were like, love it, you know, and a subgroup got together and developed it. But I remember trying it out on a friend, you know, and now I wasn't like a dog with a bone but she just didn't sound great, you know, and I had a chat with her and was like, You don't sound great. And she said, No, I'm not in a good place. And she had a good chat with me. And it turns out she had some stuff going on. She hadn't spoken to anyone about and but just because I had heard this interview, and I said, I'm gonna ask her so that she knows I'm actually okay with whatever answer. So I wasn't like hey how's it going in a hurry. I was like, and how are you don't sound great, or whatever I said to her, and turns out she ended up getting some help and she had a chat with her husband and we never talked about it again. You know it never came up. I think I rang or about three weeks later and said, How have you been since. And she said, Oh, actually, I spoke to the hubby. And I'm actually After organizing some counseling, and I feel a lot better. That was it, she never talked about that was years, she doesn't know, she will not remember that. I know, she won't remember that conversation, I will, because it was linked to the campaign and all that kind of craic. So it's a bit different for me. But when sometimes people don't want to talk, because they're not ready to talk, and that's grand, but it doesn't mean you can't have a walk, or go for a coffee, you know, or head to the cinema or do something with like, so you can like be shoulder to shoulder with the person, you don't have to be eye contact conversation but that is still connection. And that is still offering something to somebody, and it's good. And that's another thing, like, it's not about me giving, like every time I look at someone in the eye in the shop if I get a smile out of someone, you know, if I'm, you know, in the shopping, you know, getting my shopping up, putting it in the bag, and I actually engage with the person who's who's taking my money. Like instead of just my head down and putting it in and gone, and I say how are you going? Or have you have you long left in your shift or you know, whatever it is, I always feel better coming out of it. So and I'm sure the other person probably does, you know, kind of like, oh, but at least I'm seeing her, you know, or actually to something that a friend of mine does. And I've started to and I was well that is, again it's not about conversation. But sometimes if I'm going through a toll bridge, one that you pay money, not that they're not Dublin, I got to spend a lot of time in Waterford. So if I go to a toll in Waterford, I pay for the car behind me, right? So pay the two euro and say can you pay can the car behind me get come for free, that's their money, whatever. And the person who takes the money is always like, God, fair play, you know, so that's a little bit of a connection. And then the person, whoever gets the free, you know, toll is probably thinking, and I like to think that there there would be a ripple effect. And that that person then might go and be nice to someone else, you know, and then that person, you know, it seems a bit simplistic and a bit maybe airy fairy, but I think, unless we start doing things like that, you know, I don't think you know, I don't even know if they have any effect. But just connection is so so powerful. You know,

**Sarah Hughes** 17:15

that's it. And I do think, you know, I hear what you're saying about it maybe sounding a bit sort of airy fairy, but I do think we often underestimate the power of a little action and of a little change. And, you know, you hear anecdotes of people who've been in really dark head spaces. And you know, they're they're making plans to take their own lives and stuff like this. And then somebody says, Hello, or mind yourself or whatever. And it can be enough to just shift their mindset just enough that they live to see the next day or they say, You know what, I'm actually going to call that person that I know cares about me, or I'm going to reach out for help. So, you know, it might seem like it's a really small act on the part of the person who's taking the act. But the impact of it could be disproportionately large, like just because it feels small to do it doesn't necessarily mean it's small to receive it. And I think that's another part of the campaign that's really key is that, you know, yes, we're asking people to sort of reach in to their, their friends and their family and the people around them and ask how they are. We're not asking anybody to sign up to be somebody's counselor or psychiatrist. We're just asking to have a conversation. And like you say, maybe the person you reach out to says, you know, what, I'm not doing great, or I don't want to talk about it, or I'm doing fine, even though you know, they're not really, but you've really symbolized I'm a safe person to come and talk to you. If they change their mind about that.

**Jo Donohue** 18:43

Yeah.

**Sarah Hughes** 18:43

And so even if it isn't, you don't end up having this big deep conversation where there's a plan of action at the end of it. It could be like not to sound sort of, you know, grandiose, and like, I'm exaggerating, but stuff like that can be life saving for people, without anybody even realizing and even the person whose life has been saved themselves.

**Jo Donohue** 19:03

I agree. And I think it's all comes back to boundaries. It's about the person having their own boundaries, and you having boundaries as well? And just like, you know, if someone isn't ready, is, you know, as you said, someone is like, not ready, but they know, like, you're available the next time. Like, I had a conversation with someone recently who had a hospital appointment. And they were really clear. It was like, I don't want to get into it. But I'm just letting you know, I have this appointment. And I'm like, Okay, hope everything's okay. If you need me I'm here. That was it simple. I didn't go into Oh, my God, like, what's going on? Or I didn't even really think about it again, you know, and I think people are allowed to have their boundaries. They're allowed to choose not to get into it, you know. But as you said, if you you can still say how are you? And if they don't want to talk now, doesn't mean they won't off tomorrow or in a week's time. Or if they're if they're at a really low ebb that they won't think Well, I know who I can ring because, you know, I, that person genuinely has asked me before, you know, which I think is really, really key. And it is that two way piece. And it's that piece of like, I don't have to be all things. And it's like conversation is a bit like a dance, do you know, it's moves, it's like, and there's a rhythm, you know. And it's, it's like who's next and we have to allow for that it can't be one person saying everything, it has to be a bit like, you know, a bit of back and forth and a bit of a rhythm, you know? And, yeah. So, I mean, connection is, I think it's really powerful and conversation and being part of something bigger than yourself. And sometimes just having a cup of coffee with somebody, or picking up the phone to somebody, or, you know, having a walk, doing whatever it is, is probably more powerful than then we realize, and I know there was a study done recently on loneliness, and how loneliness can affect our health more than cigarettes. You know, and when you think about because we all know how bad cigarettes are for your health. You know, when you think about it, that you think wow, you know, because you just think a bit of loneliness, you know, what it can really, really affect our health, you know?

**Sarah Hughes** 21:13

Absolutely, I think, you know, so as we said, the specific Hello, how are you Day is on the 30th of March. And but I think we're both in agreement that it's not just confined to that day, we in USI, we bring that Hello, how are you? you merchandise with us on every campus visit. So if you are on a campus where we're doing a campus visit, feel free to come up and engage with us around that material as well as around the rest of the mental health material that we have. Because I think this is, you know, we're great in terms of having days or weeks for mental health. But I think the importance of this campaign is that you can ask this question at any time, in any manner in any situation. And I think that's, that's kind of the key thing for us. And I think, as we've talked about, there's a lot of layers to this campaign. There's a lot of elements to it. And I wonder if there was one particular sort of, I suppose soundbite or message that you would like every student listening to this podcast, today to take away with them? And either about the campaign or about mental health or about the conversations that we have with each other? What would that be do you think?

**Jo Donohue** 22:25

The first thing I'd say is organize an event on the 30th and register it on our website and go and say, Hello, hooray. That was the first thing. But no, but really, I think, I think it will probably be don't underestimate the power of asking a simple question. Don't underestimate the power of picking up the phone. Don't underestimate the power of looking someone in the eyes when you say hello to them. Don't underestimate the power of asking the question where someone knows that you are available to them, and willing to have that conversation about something. And I think that's really important because people underestimate themselves. And they underestimate, as you said it already Sarah, like they underestimate the small little actions that they can do, and the power that that has. And I think that's what Hello, how are you is about it's like everyone says it, we say it every day of the week, you know, hey, how's it going - how are you? But it's when it's said with meaning it can be really, really powerful. I think that's the main message of this particular campaign, you know?

**Sarah Hughes** 23:31

Absolutely. And so my final question to you is one question that I ask every guest that I have on the podcast, and that is what is your your favorite or your main act of self care that you would engage in yourself?

**Jo Donohue** 23:44

So that that changes for me a different different types depending on what's going on in my life at the moment, it's walking. And I have to say, like, you know, I'm kind of leading out in the campaign with an amazing team we're all really busy. As you can imagine, it's a national campaign or, you know, there's all the fiddly bits in the background. I also have a young person in my life and you know, family and all of that. So it's quite busy, but I haven't compromised on my walks over the last number of months. So I'm walking about about a day maybe six days a week come rain or shine. So I am getting out. I'm putting on my waterproofs and listening to podcasts or making phone calls on the way and I have to say is has kept my head over water because there's been times I've been quite stressed for different things. And I kind of feel for me like I just go out and I shake it off and then I come back and I'm like a different person and feeling you know physically fit so I'm kind of more able for it the tiredness isn't getting to me as much because I'm physically fit. But my head is so clear when I come back from those walks it just it's like kind of reset it's a reset button. Have my walk in and I tend to do it kind of in the evenings after a meal of when I'm kind of at my most tired and probably most vulnerable, and like some day I come bounding in and I'm like yeah, 6k Like last night, it was like I walked in, and I had walked in the rain, the two previous nights, like drenched, like, a neighbor of mine pulled the window down in her car. And she was like, you're some hardy woman, go for it, you know, and I said, I'm doing this for my head, you know, but the weather was gorgeous last night, and I was wrecked. I was like, felt every every step of it. But when I came home, I'm so glad I did it. So that's for me, and at different times I like I swim in the sea, if I can, or I have to connect with people, actually, that's a big one for me. So if I work from home a lot, and I do this a lot of computers, you know, so I try to arrange to meet someone for coffee or lunch at least once a week, we're like a friend or buddy where I can actually look at them in person and get an out hug off them. And, you know, maybe sometimes, like have a real like a treat, you know? So and that's really important, too. So, yeah, so it's very simple, it's not bells and whistles. It's not like, you know, I you know, like surfing or, you know, it's very simple stuff, having a coffee and going out for a walk. You know,

**Sarah Hughes** 26:12

I think that sort of echoes what we've been talking about this whole time that you know, it is it's the simple stuff that works. And I think what really strikes me about as you were talking there about your walks is that it's, it's okay, so it's the thing that you do makes a difference, but it's also how you prioritize it. And it's, even when life is busy, it's a non negotiable for you, I think we're, we can be great. When life gets busy, it's the self care things are first things to that we let slip that we kind of get less good at doing. But that's when it's the most important to kind of double down on prioritizing I think that's something you learn. And I think there's a bit of maturity to that, I think in the past, I would have let that slip and the consequences aren't nice. And it I find it a lot harder to come back then to a place where I'm good. And I'm well and I sort of I keep maintaining that and like I'm lucky I work in the mental health space, you know, so I know the language. And I think about, like, I'm a WRAP facilitator as well. And, and I understand like about the wellness toolbox, you know, and I often think about that, and I have framed it's gas because I when I walk by i Sometimes I walk because you know, I'm after eating chocolate to get into the jeans or whatever. But then most of the time that's secondary, the first part of the walk for me is the head. And I have a friend who said to me it was couple years ago and she said God it's gas, because when you walk you always say you're doing it for your head. And I was like, oh my god, yeah, it is part of my mental health toolbox. It's the one thing you know, when I, you know, I jog sometimes, or I do other sports or whatever, but for me walking or sweating, you know, getting out, fresh air. She said so interesting, because she's not in this space. She's not used to talk about mental health, she doesn't think about things in relation to how they affect your mental health, whereas I do. But it's interesting, because I've said it has a little bit of a ripple effect, because now she's thinking about that, should she get out for a walk? Because, you know, which is which is really good. So for me, it's the head first, and again, like that prioritizing and like, like, the everything could be falling around me. You know, like, I was thinking that, I would say, but it's a thing that's keeping me going and my mom is in hospital at the moment. And I was thinking, Oh Christ, can I like how would I get my walk in? If I have to go down and see her and, and I was thinking okay, well I'll do it then, and then I get down to see her. So I'm fitting it in, Because I know if I don't want to feel a little bit not great tomorrow, you know? Yeah, it is, and showing yourself kindness, which again, can sound airy fairy. And it's a term I'm getting used to talking about kindness to myself. But I, if I'm treating myself a little bit better by making sure of my walks, then I'm treating others around me little bit better as well. And I'm kinder to them big time. Like I find myself coming back from the walks and I love everyone, you know, love everyone in this house, before the walks that can be a bit challenging, you know? Absolutely. Absolutely. Well, listen, Jo, thanks very much again, for coming on to chat to us. I really enjoyed our chat. And I think the campaign is fantastic. And I can see it being every success. And you know, I've full confidence we'll be back here again next year talking about next year's plans for it

**Jo Donohue** 29:24

I want to thank the Union of students in Ireland because, you know, last year you supported us, you're supporting us again this year. And it's great to see, you know, you and your own campaign as well. But it's great to see the campaigns with students. It's really stressful time. I'm actually students at the moment myself, I'm doing a post grad up in NUIG. Oh my God, not easy. And it's a really stressful time exams. Referencing alone I think should be banned forever. You know, it's just so stressful. So I think that the work that you're doing is great and kind of putting mental health on the agenda for students is really good.I'm so I'm just want to say a big thanks from Mental Health Ireland and just thanks for your support and you seem to have bought into Hello How Are You? So there's no convincing with you which is great. So when you're selling it well for us you know we really appreciate that.

**Sarah Hughes** 30:12

No problem at all. So thank you for listening to today's episode. Connecting Minds is made possible thanks to funding from the National Office for suicide prevention. If you have any comments or questions about today's episode, the podcast or the work that USI are doing on student mental health, please feel free to contact us details of how to do so are available in the show notes. sources of support are also included in the show notes, [please reach out for help if you are struggling in any way with your mental health. Take care for now.