

PRESS RELEASE:

Psychiatrists take to Twitter for Green Ribbon Stigma Reduction Month

General public invited to engage in a live Q&A session with psychiatrists over a 2 hour devoted time slot on the official @GreenRibbonIRL Twitter account with a particular focus on old age/older life mental health issues

Following the College of Psychiatrists of Ireland recent and successful [‘Walk and Talk with Psychiatrists’](#), as part of May Green Ribbon month, the College aims to continue the fight against stigma around mental illness and issues through its 3rd annual Twitter live Question & Answer session with psychiatrists.

On Wednesday 31st May from 7pm to 9pm Consultant Psychiatrists Dr Miriam Kennedy and Dr Jennifer Hoblyn will take charge of the [@GreenRibbonIRL](#) Twitter account to engage informally with the public about mental health issues, recovery and psychiatry. Both doctors are Consultant Psychiatrists (General Adult and Later Life respectively) which will give the twitter public an opportunity to raise questions on mental health in later life / old age mental health issues such as **depression, anxiety, and dementia**.

Dr John Hillery, President of the College explains,

“This event provides a unique and more wide spread engagement between the public and psychiatrists on important and serious issues in mental health as no matter where a person is based in Ireland they can converse with our two psychiatrists online on the 31st. And all within the limitation of 140 characters!”

“We are encouraging questions on older age/older life mental health problems in particular this year as with the growing ageing population many more people and families around the country are affected by them and with the associated stigma we know still exists. We also encourage our members on Twitter to join in the conversation with Dr Kennedy, Dr Hoblyn and the public and hope stigma can be reduced a little, even if just for the evening.”

To get involved, the College say to simply tweet questions with the hashtag **#AskPsych** to [@GreenRibbonIRL](#).

This event will be hosted in partnership with **See Change**, the National Stigma Reduction Partnership, as part of Green Ribbon month and is an important step in challenging the stigma associated with mental illness and psychiatry.

ENDS

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Notes for the Editor:

The Green Ribbon Campaign: is a national campaign spearheaded by See Change, a growing partnership of 90 Irish organisations, volunteers and ambassadors working together to change attitudes and behaviours to mental health problems and end stigma. The aim is to make the month of May every year synonymous with promoting open conversations on mental health.

The College of Psychiatrists of Ireland: is the professional body for psychiatrists in Ireland and the sole body recognised by the Medical Council and the HSE for Competence Assurance and Training in Psychiatry.