



**College of Psychiatrists  
of Ireland**

Wisdom • Learning • Compassion

**PRESS RELEASE:**

## **‘Don’t Judge A Book by Its Cover’**

**A ‘Living Library’ Today with The College of Psychiatrists Ireland aims to challenge the stigma of mental health problems**

**Public invited to engage informally with psychiatrists for Green Ribbon month**

**12.30 – 2.30pm 31.05.18**

When it comes to mental health everyone has a story to share. Social contact is known to be one of the most effective ways of reducing mental health related stigma and discrimination so with this in mind, the College is hosting a ‘living library’, a library come to life in the outdoors, where members of the public and medical profession can ‘read’ human books featuring real experiences related to mental illness and recovery.

At the Living Library – the books will include a patient/service user, a family member/carer and psychiatrists who support people towards the path of recovery.

The event in St Stephen’s Green (beside the gazebo) is about giving members of the public the opportunity to connect and engage with psychiatrists and people they may not normally have the occasion to speak with. The aim is to better understand the lived experiences of others who have experienced or facilitated recovery from mental illness, challenging assumptions, prejudices and stereotypes.

CPsychI Director for Public Education and Communication, Dr Miriam Kennedy explains:

*“Being out in open air, listening and talking together, is a demonstration of core aspects of looking after your mental health. The fact the living library will be made up of psychiatrists, people with experience of the services and family members mirrors the importance of mental health as an issue for all but also that relationships between and learning from all parties involved is a key aspect of successful recovery.”*

Some of our human books include:

**Dr Miriam Kennedy**, Consultant Psychiatrist (General Adult and Later Life), *‘Depression: Drugs or No Drugs?’*.

**Mr Rick Rossiter**, REFOCUS (Recovery Experience Forum Of Carers and Users of Services) Committee member, *‘A Father’s Confession’*.

**Dr Aileen Murtagh**, Consultant Psychiatrist (Child and Adolescent), *'Behind the Diagnosis'*.

**Dr Thekiso B. Thekiso**, Consultant Liaison Psychiatrist/Psychological Medicine and Senior Clinical Lecturer, *'A double edged sword'*.

**Ms Louisa Corr**, REFOCUS (Recovery Experience Forum of Carers and Users of Services) Committee member, *'Changing Times, Changing Minds'*

**Dr Sarah O Dwyer**, Consultant Psychiatrist (General Adult and Old Age), *'Brain Health and Successful Ageing'*.

This event is the 4th annual event hosted by the College for the Green Ribbon Campaign and will take place this **Thursday 31st May** from **12.30-2.30** in **St Stephen's Green** (beside the gazebo), nearest entrance Shelbourne Hotel.

It is run in partnership with See Change, the National Stigma Reduction organisation. Green Ribbon is held for a whole month, each May to spark a national conversation about mental health and to end the stigma.

For those interested in attending what will hopefully be an insightful event for all please [Book your place here](#).

**CONTACT INFO:**

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**FREE EVENT**

**COLLEGE OF  
PSYCHIATRISTS OF  
IRELAND PRESENTS**

# LIVING LIBRARY

for Green Ribbon  
Month

**A library come to life  
in the outdoors!**

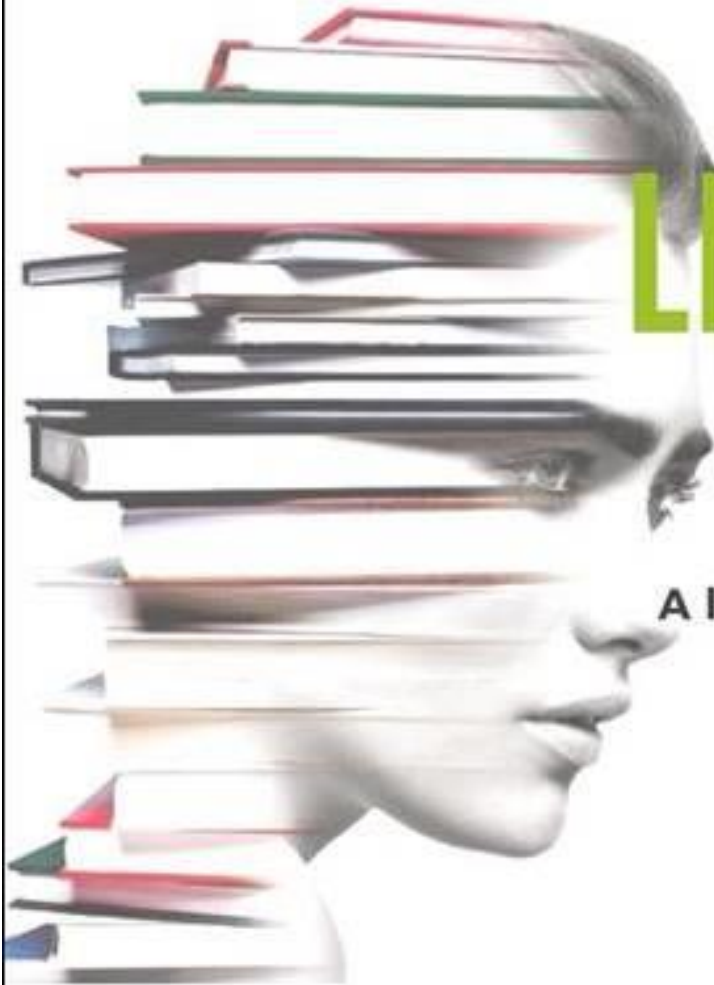
**THURSDAY  
31.05.2018**

**12.30-2.30  
ST STEPHENS GREEN,  
DUBLIN**



**@IrishPsychiatry  
#LivingLibrary**

For more information visit [www.irishpsychiatry.ie](http://www.irishpsychiatry.ie)





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# HUMAN BOOKS

**'A FATHER'S  
CONFESSION'  
BY  
RICK ROSSITER**

This is a story about how my own suicide attempt was harder on my father than I ever knew because of another person's death through suicide. A story finally told 30 years later to me

**'DEPRESSION:  
DRUGS OR NO  
DRUGS?'  
BY  
DR MIRIAM  
KENNEDY**

How best can one recover from Depression: What does that mean? What treatments work, including the important role of a range of non-drug treatments, and why?

**'BEHIND THE  
DIAGNOSIS'  
BY  
DR AILEEN  
MURTAGH**

A group of young people in Willow Grove Adolescent Inpatient Unit have compiled a booklet encouraging us to not judge people by the cover and look beyond a diagnosis of a mental health disorder. Behind the diagnosis is a person who is kind, loving, fun, unique, resilient, honest, proud, confident or hopeful. They celebrate the differences and the experiences which shape them and are proud of how far they have come.

**'CHANGING  
TIMES,  
CHANGING  
MINDS'  
BY  
LOUISA CORR**

A discussion on a family whose sibling refuses assistance except the bare minimum. My brother struggles to engage with professionals and is resistant to support from both professionals and family. We have faced many barriers including confidentiality. Although as a family we continue to support our brother in a caring and loving way no matter what barriers we face.

**'LISTENING TO  
STORIES IN A  
DIGITAL AGE'  
BY  
DR SEAMUS  
MACSUIBHNE**

With a children's picture reproduced by Dr Bob Wachter in his book 'The Digital Doctor' you will explore a young child's impression of a visit to the doctor and how the promise of digital technologies to enhance healthcare has the potential to become an obstacle to attending to the stories we hear.

**'A DOUBLE  
EDGED SWORD'  
BY  
DR THEKISO  
THEKISO**

A discussion on transcultural psychiatry focusing on how Irishness can both help and hinder emotional distress and recovery from mental illness.

**'BRAIN HEALTH  
AND  
SUCCESSFUL  
AGEING'  
BY  
DR SARAH  
O'DWYER**

As the population ages it is essential that individuals and especially older adults are informed about the importance of maintaining their physical and psychological wellbeing as one ages. This book explores ways to improve the positive and healthy aspects of growing old. It examines how to maintain a healthy brain, address memory complaints and cognitive impairment, and explores the importance of social engagement and the role of continued learning in preserving mental wellness and cognition in older adults.

**'A SONG  
WITHOUT  
WORDS'  
BY  
DR AOIFE  
TWOHIG**

The metaphors of song, dance and play are central to our understanding of human development and mental health from babyhood to adulthood. This book will explore how important our non-verbal communication is from birth for developing relationships, empathy and trust.

**'THE  
THERAPEUTIC  
POWER OF  
PAPER'  
BY  
DR DECLAN  
LYONS**

Consultant General Adult/Old Age Psychiatrist Dr Declan Lyons brings a blank book, and with it delves into the therapeutic power of paper.



@IrishPsychiatry  
#LivingLibrary