



## College of Psychiatrists of Ireland

Wisdom • Learning • Compassion

### **PRESS RELEASE:**

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

**A ‘Living Library’ 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**

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 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.”*

This event is the 4th annual event hosted by the College for the Green Ribbon Campaign – see details below.

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.](#)



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of Ireland

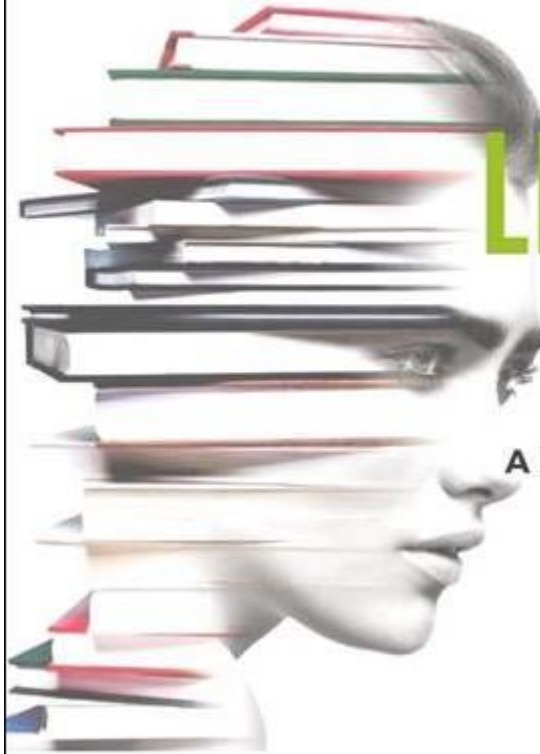
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**FREE EVENT**

**COLLEGE OF  
PSYCHIATRISTS OF  
IRELAND PRESENTS**

# LIVING LIBRARY



for Green Ribbon  
Month

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

**THURSDAY  
31.05.2018**



@IrishPsychiatry  
#LivingLibrary

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

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