

PRESS RELEASE:

Public invited to engage informally with psychiatrists for Green Ribbon month

*The Walk & Talk with Psychiatrists aims to challenge the stigma of Mental Health
problems in Ireland*

The College of Psychiatrists of Ireland (CPsychI) will host its 3rd annual *Walk & Talk with Psychiatrists* (CPsychI) for The Green Ribbon Campaign in St Stephen's Green on Sunday, 21st of May at 1pm sharp. The event is run in conjunction with See Change, the National Stigma Reduction Partnership. Green Ribbon is held for a whole month, each May to spark a national conversation about mental health.

The *Walk & Talk with Psychiatrists* in St Stephen's Green is about getting outdoors to promote wellness and activity. It is also a chance for those who use the services, their carers and family members, and mental health professionals to mix in an informal, welcoming, supportive and social atmosphere to discuss psychiatry, in an outdoor setting.

Four psychiatrists and one user of the services from the College REFOCUS committee will speak for a few minutes at various points throughout the walk, with discussions and questions encouraged then and along the way.

CPsychI President Dr John Hillery said of last year's Walk and Talk:

"Being out in open air, walking and talking together, is a demonstration of two core aspects of looking after your mental health. The fact that the walk was made up of psychiatrists, people with experience of the services and family members shows that mental health is an issue for all."

This is sure to be an insightful event for all, and is free for all members of the public.

Four College employees will also take part in the *Staff Relay Series with PWC* for See Change as part of Green Ribbon month on May 25th in the Phoenix Park.

ENDS

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Notes for the editor:

Photos attached:

Walk & Talk 2015: Members of the public taking part in the 2015 Walk and Talk with Psychiatrists in Merrion Square.

Walk & Talk 2016 (1): Prof Greg Swanwick, Dean of Education in the College of Psychiatrists of Ireland, speaks to members of the public at the 2016 Walk & Talk with Psychiatrists in Merrion Square.

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.