

Catherine Martin T.D.

Let's talk **Mental Health**

Speakers include:

Senator Joan Freeman,

Founder of Pieta House and
CEO of Solace House, U.S.A.

Ian Power,

Executive Director of
SpunOut.ie



Seminar Room, Clonskeagh Mosque
Thursday, 5th July, 8pm

Public Meeting

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Let's Talk Mental Health!

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In recent years the discussion around Mental Health has come to the fore, with many facing issues when it comes to accessing services and treatment.

At this public meeting we will hear from Senator Joan Freeman, Founder of Pieta House, and Ian Power, Executive Director of SpunOut, about Mental Health services in Ireland: what is being done, what needs to be done, and how to best seek the help you might need in Dublin Rathdown.



Speakers Include:



Senator Joan Freeman

Joan established the country's only organization that provided a free, professional, face to face service for people in the critical stages of distress. In 2006, she set up Pieta House, the centre for the Prevention of Self-Harm or Suicide.

Joan has served as a Senator in Seanad Éireann since May 2016. Since becoming a Senator, she has a number of achievements such as, holding a public consultation on mental health, inviting the parents of children using mental health services, and those who provided these services, to have their say. Joan is also Chair of the Oireachtas Future of Mental Health Committee.



Ian Power

Ian is executive director of Ireland's youth information website SpunOut.ie by young people, for young people. SpunOut.ie aims to empower young people with the information they need to live happy, healthy lives.

Ian is also president of the National Youth Council of Ireland (NYCI). He is a member of the Research Ethics Committee for the National Longitudinal Study of Children in Ireland 'Growing up in Ireland', and was previously a member of the National Taskforce on Youth Mental Health.



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