

Green Ribbon Campaign

Scouting can help get Ireland talking about mental health in May 2017. Play your part, wear the green ribbon and start your conversation about mental health in your Group and community.



The Green Ribbon Campaign is about getting people talking openly about mental health problems. We are asking scouts across Ireland will be play an active role in this campaign.

Green ribbons are being given out free to spark a national conversation about mental health. Why not order some for your Group? Just go to greenribbon.ie and fill out the order form! You can then run a simple awareness activity and wear the ribbon on your neckerchiefs. To help, the Youth Programme Team will be providing a guide to suitable activities and games during May.

You don't have to be an expert to talk about mental health.

- Talk, but listen too: simply being there will mean a lot.
- Keep in touch: meet up, phone, email or text.
- Don't just talk about mental health: chat about everyday things as well.
- Remind them you care: little things can make a big difference.
- Be patient: ups and downs can happen.