



Mental Health Ireland

Annual Report 2023

Promoting Mental Health, Wellbeing and Recovery



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www.mentalhealthireland.ie

*Our Vision
is for an Ireland
where mental health
is valued and supported
as an essential part
of everyone's health,
so that individuals,
family and friends,
and communities
can thrive.*



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Chairperson's Address

Hugh Kane, Chairperson

I am pleased to introduce the 2023 Mental Health Ireland Annual report. You will see in the report the high level of activities that took place throughout the year. We continued to build on the success of the first year of the **Hello, How Are You?** campaign and 2023 saw us developing new strategic partnerships for the campaign particularly with Irish Rail that enabled us to widen our reach substantially. In only its second year, the Hello campaign had events in every county through the work of our Development Officers and the support of our partner Mental Health Associations and others.

As Chairperson of Mental Health Ireland, I have the privilege of having a strategic overview of the work and it was a pleasure to see the work undertaken in the second year of our current Strategic Plan, '*Mental Health for All – Hope, Strength and Action*'. This Strategy was developed through a process of coproduction and reflects the views of volunteers from all over Ireland, our Board, staff members, partners in mental health promotion and recovery whilst progressing national policy ambitions.

This strategy is built around five strategic objectives; Strengthening Mental Health Promotion and the process of Recovery, Embedding Coproduction, Improving Inclusion and Accessibility, Being Evidence informed and Knowledge Sharing and Building Sustainability and Organisational Capacity. Each of these objectives is advanced through a lens of inclusion, respect, sustainability and human rights.

Our Strategy renews our mission and values and is a clear declaration of intent and so each objective translates into the explicit actions and commitments that guide our work at all levels. 2023 saw us progress in each area of the strategy and achieving many of the goals laid out.

2023 was an important year in the further development of Thrive which began in Balbriggan in 2022. We saw the partnerships deepen and the engagement from the local community increase. Our work with the Thrive volunteers was recognised at the end of the year when we won

an award on volunteering from Volunteer Ireland. The deepening roots in Thrive Balbriggan will enable us to grow the model further in years to come. The work that has taken place there will provide a blueprint for the development of Thrive elsewhere.

Our **Woodlands for Health** 12-week programme was rolled out to 24 counties with 36 separate programmes running throughout 2023. The partnership between Coillte, Get Ireland Walking and Mental Health Ireland has been a critical part of the successful rollout of the programme nationally.

2023 was a year of continuing developments in our work in Recovery with many new Peer Educators joining our team. New peer-led programmes for families and young people were developed with independent evaluations being conducted. Working with the HSE's Office for Engagement and Recovery, we were able to develop an exciting project supporting Public and Person Involvement (PPI). Our work supporting peer-led projects like the Community Café in Galway and Gateway in Dublin went from strength to strength throughout 2023.

World Mental Health Month has now become part of the annual calendar for Mental Health Ireland, and we worked closely with our member organisations to highlight the issue of human rights and mental health which was the theme of the **World Mental Health Day 2023**. We launched a co-produced booklet on Menopause and Mental Health on the 13th of October and this was a very creative day. Galway Mental Health Association celebrated its 40th year during October and it was an appropriate time to celebrate the work done by one of our longest established Mental Health Associations.

In addition to the activities undertaken in the organisation, 2023 was a time of saying hello and saying goodbye. We said goodbye to Deputy CEO, Catherine Brogan, who decided

to move on from her role in Mental Health Ireland. We thank her for her work and wish her well in the future. We also sadly said goodbye to Martin Rogan, CEO. Martin had ably led the organisation for seven years prior to making the decision to retire and his guiding hand was always appreciated by myself and the Board.

With these changes, we were able to welcome Dr Lisa Cuthbert into the organisation as the new CEO. Martin was an important part of that welcome and supported Lisa during her induction to the organisation. I look forward to working with Lisa into the future.

The governance of any charity ultimately rests with the members of the Board of Directors and as such I want to thank the Board members for their commitment to the organisation and the support that they provided to me as Chair, particularly when the organisation was undergoing such a critical change as we went through in 2023. The strength of the Board lies in the experience and diversity of the Board members, and it was a pleasure to lead them through the year.

On behalf of Mental Health Ireland, I want to thank the staff, the volunteers and our member organisations for all their hard work and commitment to the organisation during the past year.

I want to thank the HSE as our primary funders and the other funders and donors for their support throughout the year. Your support makes the work of Mental Health Ireland possible.

Hugh Kane

Chairperson, Board of Directors

Mental Health Ireland

CEO'S Message – a word from our new CEO

Dr Lisa Cuthbert, CEO

“In any given moment we have two options: to step forward into growth or step back into safety.”

– Abraham Maslow

These words have guided me both personally and professionally over the years and never more so than in the last year. 2023 was a year of substantive change both for Mental Health Ireland and for me when I stepped forward into the role of Mental Health Ireland CEO. Having worked for 24 years in my previous role, it felt like the right time to step out of the safety of that role and into the world of Mental Health Ireland.

Martin Rogan, the former CEO was very gracious in his handover and in his welcoming me to the organisation. He led the organisation for the full year and I started in the role of CEO at the end of the year so the activities that are outlined in this report are to be credited to the work of the team and my predecessor.

I was welcomed by a very competent and dynamic team and have enjoyed getting to see the work firsthand.

I come into this role knowing the challenges that the community and voluntary sector face in terms of the provision of services and leading change in an area that has always been resource challenged. I have substantial experience of working in partnerships with funders to ensure that we get the best outcomes for all and I look forward to growing new partnerships for Mental Health Ireland.

Change can be challenging and uncomfortable and is an essential part of life. In order to reach its full potential, the butterfly must first go through an uncomfortable change process. Mental Health Ireland as one of the oldest voluntary sector Mental Health organisations has gone through multiple periods of change and prospered as a result. The current growth process is another stage in the life story of the organisation and I look forward to leading the organisation on its next stage.

The work that is undertaken by Mental Health Ireland can't happen in isolation and I want to thank our funders, member organisations, partners and staff and volunteers for their work in ensuring that we met the goals as laid out in the MHI Strategic Plan. Mental Health Ireland is very ably governed by an experienced Board and Chairperson and I look forward to working with them into the future.

Mise le meas,

Dr Lisa Cuthbert

Chief Executive Officer

Mental Health Ireland



2023 in numbers




323 training workshops delivered



274 registered 'Hello, How Are You?' events



139 World Mental Health Month events run across 24 counties



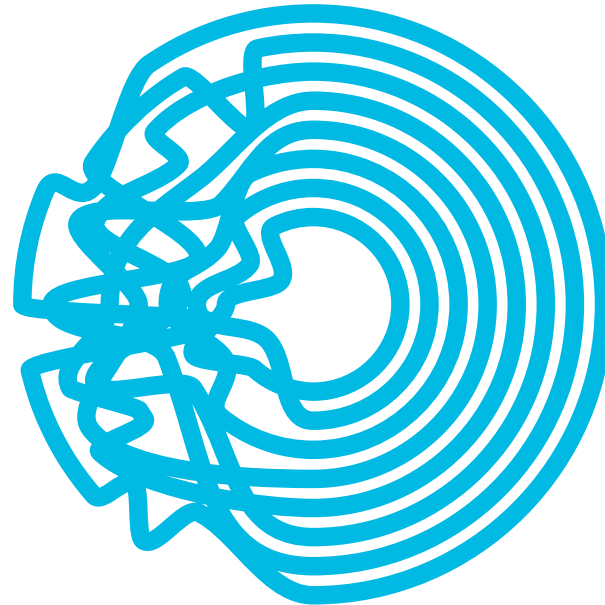
82,915 direct reach of projects funded by the Mental Health Grant Scheme
(Mental Health Ireland in partnership with Department of Health and the HSE)



6,000 attendees at mental health training sessions



No.1 trending on Twitter for the 'Hello, How Are You?' Campaign




6,363 downloads of the 'Wellness Works' framework



81k new Mental Health Ireland website users




44 new Mental Health Ireland staff



36 established 'Woodland for Health' programmes across 24 counties



92 Mental Health Ireland posts working in Recovery Roles



75 Scholarship / Bursary recipients
(Tony Leahy Scholarship and Kevin Plunkett Award)

About Mental Health Ireland

Mental Health Ireland is the longest established national mental health charity in Ireland. Throughout our history we, and a network of Mental Health Associations, have played a central role in reshaping how the public understand mental health issues.

Since our establishment in 1966, we have been front and centre in promoting mental health, supporting people with lived experience of mental health challenges in their recovery, and bringing practical expression to national policy objectives.

Our work couldn't happen without the close relationships we have with members of our coproduction groups who come from different communities, the voluntary sector and mental health services.

Mission, Vision and Values

MISSION (2022-2024)

Our Mission is to promote and enhance mental health and wellbeing and to create a culture where we are all respected and supported, especially when our mental health is challenged.

VISION (2022-2024)

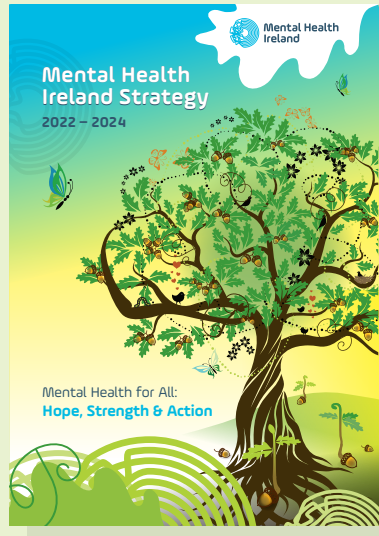
Our Vision is for an Ireland where mental health is valued and supported as an essential part of everyone's health, so that individuals, family and friends, and communities can thrive.

VALUES

The principles of human rights, equality and equity, recovery and trauma-informed care are all integral to and at the core of our work.

- We are committed to using coproduction, being evidence informed, improving accessibility, ensuring inclusion & representation and becoming more sustainable in our practices.
- We value volunteers, staff and partners through creating a respectful, equal, and supportive environment.
- Transparency, good governance, and compliance with the highest ethical standards are intrinsic to our work.

Our Strategy



Mental Health for All, Hope, Strength and Action 2022-2024 is built upon five linked priority themes, while presented separately, they are all interrelated and complement each other. These five priorities build upon our existing work placing a new emphasis based on emerging needs and describing our next steps. Guided by Mental Health Ireland’s Mission, Vision and Values, each of the 23 Objectives describe our work with Individuals, Family members & Friends, Communities and Society. Over 40 Actions describe how we will realise our objectives.

See the full strategy:
www.mentalhealthireland.ie/strategy

How We Work

OUR BOARD

Mental Health Ireland is governed by a Board of Directors, who come from a range of different backgrounds, specialisms and experiences. The Board are supported and informed by Governance and Finance Committees.

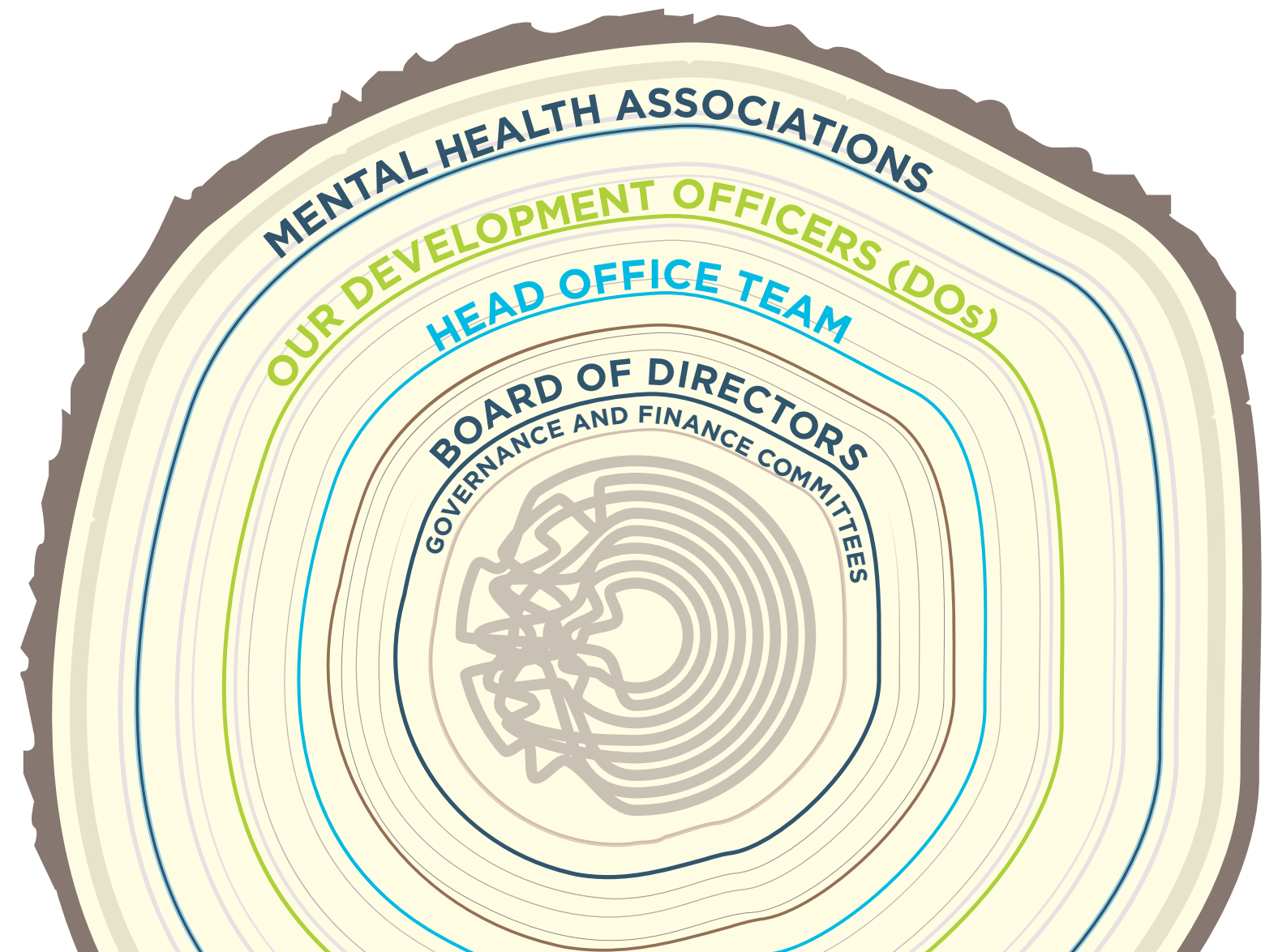
OUR TEAM

Our Head Office team are based in Dún Laoghaire in Co. Dublin. This is where our CEO and core team are based, including:

- Operations
- Finance
- Communications
- Fundraising
- Mental Health Promotion
- Education, Training, & e-Mental Health
- Human Resources
- Administration
- Research

Our Five Priorities are;

- 1 Strengthening mental health promotion and the process of recovery
- 2 Embedding coproduction
- 3 Improving inclusion and accessibility
- 4 Being an evidence-based and knowledge-sharing organisation
- 5 Building sustainability and organisational capacity



OUR DEVELOPMENT OFFICERS

We work with a team Development Officers across the country who link with our network of Mental Health Associations, volunteers and community groups, promoting mental health and supporting recovery in their communities.

Their expansive work includes:

Providing guidance and support to the Mental Health Associations around the country in the delivery of local and national initiatives and in the coproduction and implementation of strategies and activities.

Working in partnership with statutory and voluntary organisations to coproduce mental health promotion and recovery education initiatives locally.

Delivering and coproducing local and national awareness raising initiatives, targeted education and training on a variety of mental health topics.

Supporting communities in the coordination, coproduction and promotion of mental health, wellbeing and recovery.

Supporting Mental Health Ireland and our partners in the coproduction and delivery of national projects and initiatives such as 'Hello, How Are You?', Woodlands for Health, Thrive and World Mental Health Month.

Working with the Regional Suicide Prevention Officers and supporting the delivery of many accredited training programmes.

Actively supporting HSE's Office of Mental Health Engagement & Recovery through their work with Recovery Colleges and Recovery Education services across the country.



MENTAL HEALTH ASSOCIATIONS

Across the country Mental Health Ireland work with a network of Mental Health Associations. The membership of the local volunteer led Mental Health Associations reflect volunteers who have a particular interest in mental health, including;

- supporting and promoting mental health in communities including campaigns such as **World Mental Health Month** and **Hello, How Are You?**
- people with lived experience of mental health challenges and recovery
- family members/carers and professionals working in the mental health area
- the development and implementation of a range of projects and initiatives that are reflective of their local community
- activities and developments in line with the organisation's Strategy
- involvement in recovery initiatives such as peer-led day services, Recovery Colleges, Recovery Fairs
- fundraising and accessing grants to support new initiatives

Community Development

Mental Health Ireland has a team of **Development Officers (DO)** who work across **Community Health Organisations (CHO)** throughout the country and link with our network of Mental Health Associations (MHA), volunteers and community groups, promoting mental health and supporting recovery in their communities.



CHO AREA 1

Bill Vaughan Donegal
Miffy Hoad Sligo/Leitrim
Kim Doherty Cavan/Monaghan



CHO AREA 2

Teresa Keane Mayo & Roscommon
Aine Hurley Galway City & County



CHO AREA 3

Claire Flynn
 Limerick, Clare & North Tipperary



CHO AREA 5

Gina Delaney
 Waterford, Wexford, South Tipperary, Carlow, Kilkenny



CHO AREAS 6&7

Noeleen Wills
 Wicklow & South Dublin



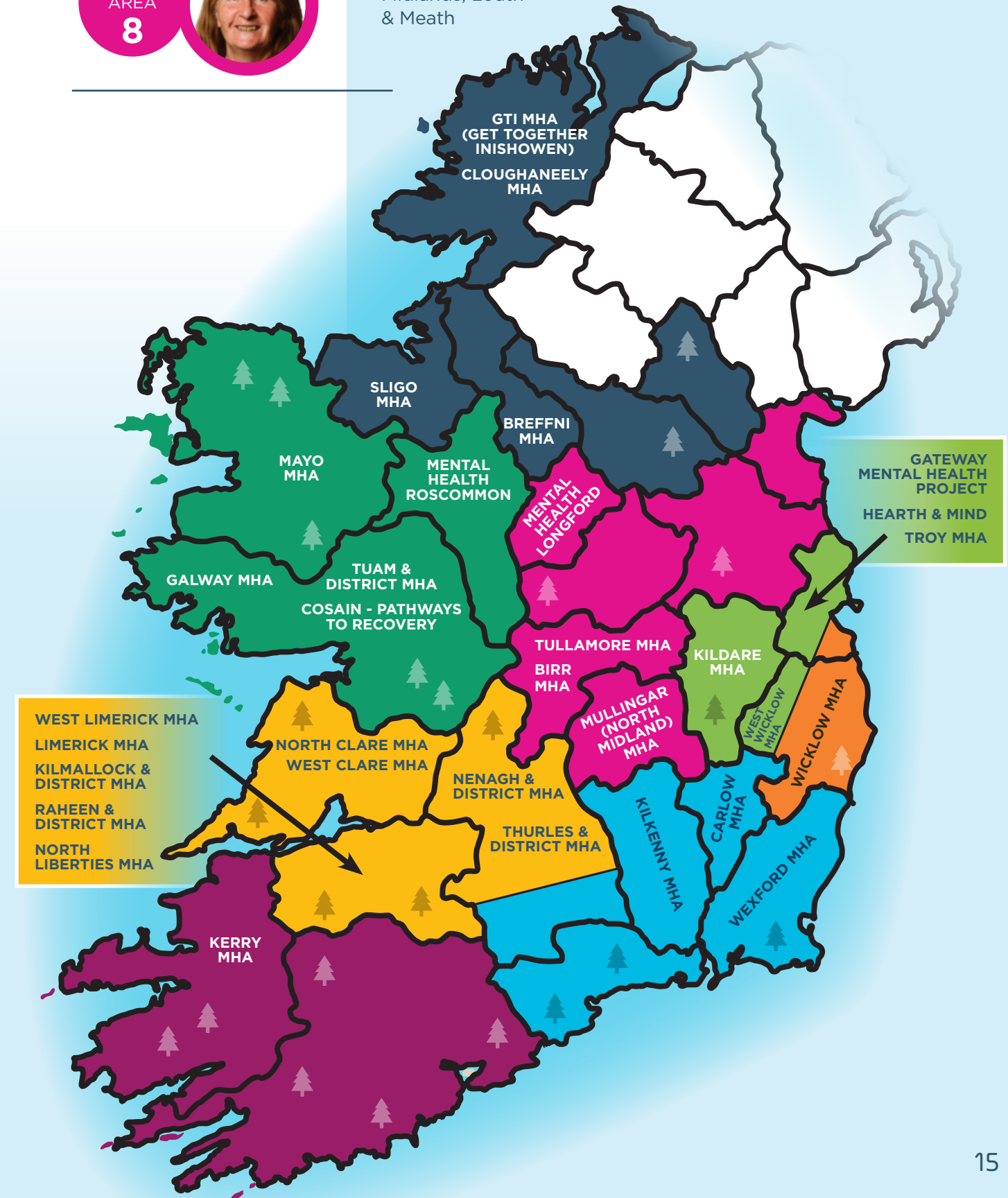
CHO AREAS 7&9

Caroline Brogan
 North Dublin, Kildare & West Wicklow



CHO AREA 8

Finola Colgan
 Midlands, Louth & Meath



RECOVERY EDUCATION

Mental Health Ireland is the employer of people working in recovery education and peer led community services across the country. The team members work in a variety of different settings including Recovery Education Services, Mental Health Services, Involvement Centres and Peer Led community services. We work closely with the HSE and the Office of Mental Health Engagement and Recovery.

We continue to innovate and be an active partner in following projects:

- Service Reform Fund (SRF) Projects
- ARIES (HSE Mid-West CHO3), Recovery Education Service (CHO6)
- National Forensic Mental Health Services (NFMHS - CHO6)
- Recovery College Mayo (MMHS CHO2)
- REGARI -Roscommon/East, Galway Mental Health Services (CHO2)
- Recovery College South East (CHO5)
- MindSpace Mayo (CHO2)
- Recovery Education Service (CHO7)
- Recovery Education Service (CHO8)
- Community Café (CHO2)
- Family Peer Support Worker service (CHO2)



In November 2023, Mayo Recovery College celebrated 10 flourishing years of supporting recovery and promoting mental health and recovery in the community.



Mental Health Europe President and 2023 Mental Health Ireland Deputy CEO Catherine Brogan talking mental health and recovery in Estonia in October 2023 at the Tallinn Charter 15th Anniversary Health Systems Conference: Trust and Transformation resilient & sustainable health systems for the future.

OUR PARTNERS

In Ireland (2023) we are active members of:

- **Mental Health Reform**
- **Green Ribbon**
- **Irish Charities Institute**
- **Family Carers Ireland**
- **The Wheel**
- **First Fortnight**

Mental Health Ireland's membership of **INAR** (Irish Network Against Racism) and participation in unconscious bias training with the **Immigrant Council of Ireland** spotlights cultural awareness and diversity.



Internationally Mental Health Ireland is networked via:

- **Mental Health Europe**
- **The Global Leadership Exchange**





We coproduce evidence-based mental health and recovery promoting **CAMPAIGNS** nationally and locally, such as *Hello, How Are You?* and *World Mental Health Month*.



Our **BURSARIES and AWARDS** support access to mental health promotion and recovery, peer support courses & recognise best practice in mental health nursing.



We develop evidence based **PROGRAMMES and INITIATIVES** that create opportunities for people and communities to enhance and protect their mental health, such as *Thrive* and *Woodlands for Health*.



We work in partnership with the HSE to grow the network of **RECOVERY** Education Services, Recovery Educators, Family Recovery Workers and Community Connectors across the country.



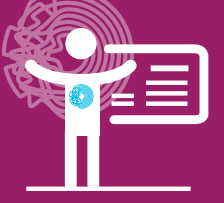
Our team of **DEVELOPMENT OFFICERS** work across the country linking with the network of **Mental Health Associations, volunteers and community groups**, promoting mental health and supporting recovery in their communities.



We work with a range of **PARTNERS** in the statutory, community, voluntary and corporate sectors in Ireland, Europe and Internationally. We are members of the International Initiative for Mental Health Leadership and currently hold the presidency Mental Health Europe.



Across the country we work with a network of **MENTAL HEALTH ASSOCIATIONS**. These are volunteer led and focus on mental health promotion and recovery in their communities.



We provide evidence based mental health awareness **TRAINING** in workplaces and communities. We also work in partnership with key agencies to develop programmes for marginalised groups, e.g. *Special Olympics, Stronger Minds Happier Lives* and with workplaces, e.g. *Mental Health & Wellbeing for Managers*.

Key Activities and Impact in 2023

Key Activities and Impact in 2023

The following key activities, achievements and highlights are shared under the five Priority Areas in Mental Health Ireland's Strategy *Mental Health for All, Hope, Strength and Action 2022-2024*.

STRATEGIC PRIORITY AREA 1

Strengthen Mental Health Promotion & the process of Recovery

At the core of our work is promoting, supporting and advocating for mental health, and recovery. We strive to strengthen our efforts to promote and enhance the protective factor and reduce the risk factors of mental health in a society where people recovering from or experiencing mental health challenges and their family members are heard, understood and supported in order to thrive.



Campaigns, Programmes and Initiatives

HELLO, HOW ARE YOU?

"I was so delighted I went and really immersed myself into meeting new people which I wouldn't do normally - I do live alone and this can be hard sometimes - from attending this event I am now going to become a member of the local Men's Shed."

"Once you start the conversation it's amazing how people then start to interact and talk and people you might not expect to come forward and speak. Gets older people talking about Mental Health and making that connection."



"Having the opportunity to listen and also chat with someone. Also during the walk saying hello to strangers and them smiling back at you. One person said it made their day and cheered them up."

On March 30th 2023, Mental Health Ireland introduced the second national **Hello, How Are You?** campaign with over 200 community groups and over 50 corporates getting involved in events across the country. **Hello, How Are You?** happened in every county with a wide variety of events rolled out: outside broadcasts, radio interviews, coffee mornings, public events, choir performances, spots events, information stands, awareness day, social media campaigns, workshops and seminars with guest speakers, wellbeing walks/runs, road sign campaigns and many more. A partnership with Irish Rail saw volunteers and information stands at Heuston, Galway and Cork stations on March 30th.

For more information, visit www.hellohowareyou.info

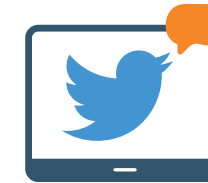


Key figures for the 2023 campaign:



274 'Hello, How Are You?' day events across all 26 counties

2022 events: **217**



No.1 Trending on Twitter (X) (2023 campaign)



80% Event organisers that felt the conversation had helped another person

2022 campaign: **71%**



29% People who said they would seek further help following the 'Hello, How Are You?' event or the campaign

2022 campaign: **6%**

WORLD MENTAL HEALTH MONTH



This October...

THIS YEAR'S THEME:
'Mental Health is a Universal Human Right'

Mental Health Ireland is organising a full programme for World Mental Health Month this October 2023.

Here are some of the ways you can get involved...

<p>Courageous Conversations</p> <p>A face-to-face event to highlight how Mental Health is a Universal Human Right</p>	<p>Fundraising</p> <p>There will be lots of ways to fundraise throughout October</p>	<p>Local Events</p> <p>There will be an Interactive Map to show events in your area</p>	<p>Self-directed Learning</p> <p>Training for workplaces</p>
<p>Connect Cafés</p> <p>A downloadable toolkit and resources to encourage groups to run Connect Cafés</p>	<p>Merchandise & Resources</p> <p>A full suite of resources including a shop with merchandise and downloadables</p>	<p>Galway Conference</p> <p>Galway Mental Health Association celebrates mental health associations and volunteers</p>	<p>Menopause Booklet Launch</p> <p>A booklet for people going through menopause and their supporters</p>

For information please contact: Alessia@mentalhealthireland.ie



October 10th marks World Mental Health Day. Every year, the World Federation for Mental Health, sets a theme and in 2023 it was **Mental Health is a Universal Human Right**.


Some highlights included:

- **BeWell** fundraising event at the Blanchardstown Shopping Centre
- The launch of the new **Menopause & Mental Health Booklet** in Limerick City Hall
- The Galway Mental Health Association hosted a conference titled '**Celebrating Volunteers - Ordinary People Who Do Extraordinary Things**' to celebrate their 40th anniversary
- A webinar to present a new self-directed **eLearning module for leaders in workplaces**





Key Impacts

	139	events registered on the website
	488	media pieces
	94	fundraising events
	€28,825	raised for Mental Health Ireland
	36,932	social media engagements
	551	registered for e-learning webinar

'WOODLANDS FOR HEALTH' NATURE PROGRAMME

Woodlands for Health is a 12-week woodland-based guided walking programme for adults availing of mental health services and supports in Ireland in collaboration between Mental Health Ireland, Coillte and Get Ireland Walking.



WOODLANDS FOR HEALTH

Key figures (2023)

- 36 established programmes across 24 counties of the Republic of Ireland
- 540 Woodlands for Health participants
- 1 Woodlands for Health Implementation Guide
- 1 Process Evaluation process

See www.mentalhealthireland.ie/woodlandsforhealth



Planning the future of Woodlands for Health & Nature Programmes is Daithí deForge, Head of Recreation, Coillte, Niamh Ní Chonghaile, National Woodlands & Nature Project Lead, Jo Donohoe, Mental Health Ireland Mental Health Promotion Manager, Jason King Programme Manager with Get Ireland Walking.



THRIVE



Thrive Balbriggan was launched in October 2021. It is shaped and led by the community and supported by Mental Health Ireland and Fingal County Council. Thrive Ireland is an umbrella organisation for all established Mental Health Ireland Thrive initiatives. Thrive Fingal Steering Group is a consultative and overarching Committee to support Thrive development, sustainability and growth of Thrive Fingal. Thrive collaborates and shares its practice with other European Thrive members. Thrive is mentioned as a case study in the HSE Stronger Together National Mental Health Promotion Plan. See:

www.mentalhealthireland.ie/thrive-ireland



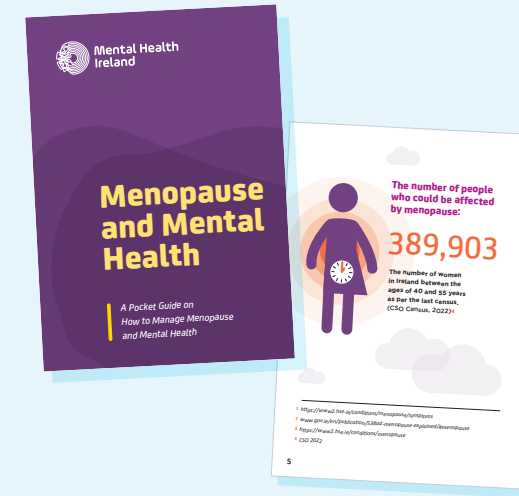
- The aim of Thrive is to create a happy and healthy community in Balbriggan
- It is a strength-based mental health and wellbeing movement led by the Community
- It empowers communities and works across diversities and inequalities to support and tackle the serious challenges that society has. Thrive Balbriggan conducts various projects aimed at creating healthy and happy community of Balbriggan and engages local community in initiatives promoting mental health and wellbeing.
- Thrive Balbriggan organisational structure includes a local Steering Committee, subgroups and a Fingal Steering Group
- Thrive members work in three subgroups: Comms and PR, Campaigns and Events, Mental Health and the Community) using a coproduction as a formula for working.



Thrive Balbriggan awards 2023 Volunteer Ireland Award in the Medium Group category.



MENOPAUSE AWARENESS & SUPPORT



In October 2023, Mental Health Ireland launched a new booklet on Menopause and Mental Health. A coproduction group was established in June 2023 to help Mental Health Ireland develop the booklet. It was led by Development Officer **Claire Flynn** and was composed by experts by experience, supporters, persons who work in services and persons who work with people experiencing menopause and perimenopause. The booklet can be downloaded at:

www.mentalhealthireland.ie/womens-health



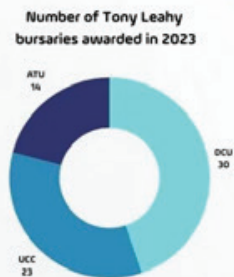
2023 Mental Health Ireland CEO Martin Rogan with Development Officer Claire Flynn and the coproduction group at the launch of the Menopause and Mental Health booklet in County Limerick.

Education, Training and eMental Health Programmes

2023 at a glance

Education Tony Leahy Bursary & Kevin Plunkett Award

Mental Health Ireland's Tony Leahy Bursary supports a number of students each year on specific courses that support the promotion of mental health, recovery and peer support working. The Bursary prioritises peers/people with lived experience of mental health challenges, family members and supporters.



Partner Universities:

- Dublin City University (DCU)
- University College Cork (UCC)
- Atlantic Technological University (ATU)
- University of Galway (UG)

Mental Health Ireland's Kevin Plunkett Award recognises and celebrates Registered Psychiatric Nurses (RPN) who have shown innovation in areas which may include; Mental Health Promotion, Co-Production, Facilitating Recovery, Service Quality, Innovation and Improvement Public Understanding or Community Engagement. people using services and their families.

2022/23 Awardees:

- Ann Cunningham - The PARC Project – Wicklow
- Michael Mahon - Community-based psychosocial Sports/Leisure intervention programme for people with Intellectual Disabilities – Wexford
- Nuala Hyland - EUPD Information Booklet – Midlands

Training in Communities and Workplaces

323 Trainings, Workshops and Talks delivered to 6,000+ people in Workplaces & Community settings

Sheds for Life
In partnership with the Irish Men's Sheds Association, we delivered mental health workshops in 18 Sheds in Donegal, Sligo, Cork to 200+ men

Mental Health & Family Caring Supporting the Supporters
We delivered 10 x 5-Week Programmes (10 Hours) Nationwide to 150+ Carers and Supporters. A partnership with Family Carers Ireland.

Stronger Minds, Happier Lives
In partnership with the Special Olympics Ireland, we delivered to 60+ athletes in advance of their participation in the World Games in Berlin. Won the Golisano Health Leadership Award.

Wellness Recovery Action Plan
The WRAP programme supports people to identify the tools that keep them well and create action plans to put them into practice in everyday life. We delivered 10 WRAPs nationwide during 2023.

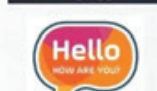
Talks and Events

We organised and were invited to speak at a range of mental health-themed events, webinars, and talks both nationally and internationally. These included Connect Cafes, and specialised talks on Womens Health, Mens Health, Stress, Resilience, Recovery, Technology and Mental Health, Farmers Wellbeing and other topics.

New Developments

In 2023, we worked on a number of new initiatives including:

- A Creativity for Wellbeing Connect Cafe Model
- An Introduction to Patient and Public Involvement in Research workshop developed in coproduction with Recovery Education Colleges and Services
- HELLO, How Are You? Workshop for event organisers
- Artmaking for Wellness using the C.H.I.M.E. Framework



e-Mental Health Initiatives

Webinars

Online Campaigns

Self-directed eLearning

Information Resources

eLearning Platform, launched 24th October

'Your First Steps Towards Mental Health & Wellbeing in the Workplace'
Self-directed eLearning module - 96 registered users in the first 6 weeks

'Alcohol. How it Can Impact on Your Mental Health'
Self-directed eLearning module - 96 users in the first 4 weeks

Online 'Winter Wellness' Campaign

Social Media Reach Dec 1-31 2023

143 posts published - +38.8%	264,228 impressions - +157%
9,070 engagements - +118.2%	13,515 video views - +96.3%

(Compared to 2022 Campaign)

MENTAL HEALTH IN THE COMMUNITY

Let's have a look at the expansive work of our **Development Officers**, which includes:

Providing guidance and support to the Mental Health Associations around the country in the delivery of local and national initiatives and in the coproduction and implementation of strategies, capacity building and activities.



2023 CEO Martin Rogan and Deputy CEO Catherine Brogan with Development Officer for Galway Aine Hurley (back row, third left) at the 40th Anniversary celebrations of Galway Mental Health Association in October 2023.



Tuam Mental Health Associations Summer Solstice celebration.

The summer is here! Mental Health Ireland supported 'Joy in the Park' in partnership with Cork Mental Health Foundation.



West Clare Mental Health Association members at the Healthy Clare event in Ennis with Development Officers Claire Flynn and Finola Colgan.



North Clare Mental Health Association supporting the 'Hello, How Are You?' Campaign and World Mental Health Month in 2023.



West Clare Mental Health Association celebrate World Mental Health Month 2023.



Tipperary Mental Health Week 2023.



Skydiving for Mullingar Mental Health Association as part of World Mental Health Month 2023.

Mental Health Longford delighted to receive support from Healthy Ireland to support the Siel Bleu exercise programme.



It was an honour to support and attend the powerful, inspiring and unforgettable Say What You See - Gus Lynott's Exhibition on Saturday with our colleagues in Mayo Mental Health Association.



The Creative Ireland 'Nearby Nature' Programme: supporting wellbeing through creative engagement with nature- has been underway in Enniscorthy since late January 2023. Artist Orla Bates, with the support of HSE Health Promotion Team - Aislinn O'Leary and Paula Lowney- has been facilitating creative workshops in outdoor spaces. The partnership includes Creative Ireland, Wexford County Council, the HSE Health Promotion and Wexford Mental Health Association.



The Arts Council and Mullingar MHA co-funded the 2023 'Our Vision, Our Voice' Art project theme 'sustainability' hosted by Westmeath Library and opened by Martin Rogan, MHI CEO (2023), CHO8 Midlands Louth Meath Recovery Education and YourMentalHealth.ie



Celebrating the end of a remarkable year promoting mental health and recovery, Wexford Mental Health Association in conjunction with Wexford Community Mental Health Services Occupational Therapy Department held the last Music Exploration Group. The role of the project is to promote recovery by enabling access to, engagement in, and exposure to, music and music related events for wide range of individuals receiving services from the rehabilitation and community sectors of the Wexford/ Waterford Mental Health Services.



Students and tutors from the National Learning Network at the Wexford MHA 'Creativity Counts' exhibition.

Mental Health Ireland Development Officer Gina Delaney was on the Judging Panel in 2023 again for the wonderful 'Expressions' creative competition with Wexford MHA.



In 2023, Wexford MHA brought the Discover Recover Theatre performance 'FACE in the Crowd' to Waterford, Mullingar, for two performances, and in conjunction with Carlow Mental Health Association, brought Discover Recover to County Carlow. So far, in 2022-2023 the play has reached Wexford, Waterford, Mullingar and Carlow with over 2800 students seeing the performance and availing of the post play workshops.



Mayo Mental Health Association (MMHA) at the launch of their new initiative, 'Out the Gap' in September 2023 - a nature-based intervention programme focused on green exercise. This programme is built upon the same evidence-based model as the 'Woodlands for Health' initiative.

'Lifelink's Craic'd - Letting the Light In', is a week long festival of positive mental health events across County Kilkenny.

Craic'd
Letting the Light In...
CELEBRATING MENTAL HEALTH
NETWORKING & INFORMATION EXPO
As Part of Mental Health Month, Lifelink is Organising an Information Expo
10:30am - 14:30pm
MacDonagh Junction Shopping Centre, Hebron Road, Kilkenny

Contact:
Fergus Horgan,
Lifelink
Fergus.horgan@cklp.ie
056 7752111

EUROPEAN UNION
Investing in your future
European Social Fund
KILKENNY LEADER PARTNERSHIP
LCDC
The Social Inclusion and Community Activation Programme (SICAP) 2016-2023 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020



Mental Health Ireland Development Officer Gina Delaney at the An Gairdin Beo, where Carlow Mental Health Association held their successful 'Face your Fear' Firewalking event in January 2023.



Carlow Regional Youth Service perform at the 'Mensana Festival'.



The Carlow Mental Health Association Christmas sing-a-long to raise awareness and spirits.



Fabulous creations by participants in the Carlow MHA art classes at An Gairdin Beo in partnership with Kilkenny Carlow ETB Training Services.



Cllr Fintan Phelan presents a Mayor's Award to the Carlow Mental Health Association, Rita Kelly, Jannette Kelly, Catherine Delaney, Margaret Sweeney, Catherine Callaghan and Lynette Madley in June 2023.



Conor Harris spoke from the heart and humbled his audience during the hugely popular Carlow Mental Health Association 'Mensana Festival'. His honesty about his experience of addiction and recovery is a message of hope.



Mayo Mental Health Association's famous 8k Community Run and celebrations.

Supporting communities in the coordination, coproduction, promotion of mental health, wellbeing and recovery.



Teagasc invited Mental Health Ireland to deliver 'Five Ways to Wellbeing' talks for farmers at their training events in October 2023 in both Cavan and Monaghan. Over 260 farmers engaged with the talk.



Development Officer Kim Doherty supported the Green Ribbon Month across Cavan and Monaghan including a walk at St. Peters Lake with Monaghan Women's Collective and Rossmore Park.

Supporting Mental Health Ireland and our partners in the coproduction and delivery of national projects and initiatives such as 'Hello, How Are You?', 'Woodlands for Health', 'Thrive' and 'World Mental Health Month'.



There are two Woodlands for Health programmes currently being run in County Galway with one more planned for the city and one more in the county. In 2023, there were 20 participants subscribed to the programme in Galway city and a further 15 in Tuam, Co. Galway.



Spreading the word about World Mental Health Month and 'Hello, How Are You?' in County Galway.



A number of 'Hello, How Are You?' events took place in Cavan & Monaghan ranging from talks on mental health, coffee mornings, music and art workshop, a welcome event for the Ukrainian community, walks and more. Local partners included Family Resource Centres, National Learning Network, Libraries, Extern, GAA clubs and historical societies.





Development Officer Finola Colgan at the celebration of World Mental Health Month 2023 at the Family Resource Centre in Drogheda.



'Be Kind to your Mind' & 'Connect Café' in Roscommon. More than 80 people attended the event with the launch of the new Roscommon Local Directory of Services, a Connect Café and a performance by 'Rhythm to Recovery 4 Roscommon' & 'The Key Notes Choir'.



'Hello, How Are You?' morning with Social Farming Ireland at Bernie Whyte's farm in Ardagh



'Hello, How Are You?' comes to County Mayo!



Development Officer Finola Colgan represented Ireland at the Mental Health Europe at the meeting on the 'Psychosocial Approach to Mental Health' held in European Parliament to facilitate collaboration hosted by MEPs Estrelia Durham & Cyrus Engerer.



The Woodlands for Health Programme was rolled out in County Kildare and North Dublin (Balbriggan and Swords) led by Development Officer Caroline Brogan.

Working in partnership with statutory and voluntary organisations to coproduce mental health promotion and recovery education initiatives locally.

Mental Health Ireland DO Kim Doherty worked in coproduction with Cavan County Council, Cavan GAA, HSE CFL, HSE Health promotion, Youth Implementation CH01, Cavan County Council, Cavan Library, Sports Partnership, Healthy Ireland, Social inclusion, and Cavan CYPSC to develop Wellbeing Boards for Kingspan Breffni Park and Johnston Central Library Cavan. Cavan GAA are extending the initiative to all clubs.



Cara House Family Resource Centre Walkers (Letterkenny, Donegal) celebrating 'Hello, How Are You?'.



Development Officer Bill Vaughan promoting the 'Hello, How Are You?' campaign in County Donegal.



The launch of the Limerick GAA Health & Wellbeing Boards.



Our Development Officer Finola Colgan is collaborating and coproducing on the 'FARMRes Project' (FARMERS Assistance Resources for Mental Resilience ERASMUS+ Funded) Project. The FARMRes project aims to raise farmers' awareness of mental health issues and to provide them with guidance in shaping their everyday lives as well as their entrepreneurial and personal environment. MHI has been awarded a grant of €40,000 to support the Irish input into its international development. Country Partners included Spain, Belgium, Finland, and Germany. Key task and desired output is the development of a relevant and accessible tool kit to support farmer's mental health.



The Longford Comhairle open day on Strategic Planning.



Initiated by Kilkenny GAA Health & Wellbeing Committee new signage to highlight both means of minding your mental health and supports available have been developed in collaboration with Mental Health Ireland, HSE Connecting for Life (South East Community Healthcare) and Healthy Kilkenny. The signage, was launched at UPMC Nowlan Park on the 20th of November. The project has also been expanded to County Wexford.

Connect Cafés: Organisations Edition in Roscommon. 55 representatives from mental health service voluntary and statutory organisation across Roscommon attended the networking event to understand each other's areas of work under the following headings. Advocacy, Connection, Education & Training and Therapeutic service.



'Menopause Symposium & Connect Cafés': Menopause Edition Mayo. 'The Menopause Symposium & Connect Cafe' is a vital part of a bigger initiative to give women the support needed. This is community coming together in Mayo which we the partners hope to replicate in Roscommon & Galway.



On the 15th December, 'The Recovery Library' was launched in the Department of Psychiatry, St. Luke's Hospital, County Kilkenny. 'The Recovery Library' is based on a simple idea, providing books for people in the Department of Psychiatry, to learn more about recovery and read hopeful stories of other people who have improved their mental health. This can be a helpful part of regaining control in life and supporting recovery from a mental health challenge. The idea came from a development group in the hospital made up of people with lived experience, family members, staff working in the Department of Psychiatry and the Development Officer with Mental Health Ireland.

Working with the Regional Suicide Prevention Officers and supporting the delivery of many accredited training programmes including Wellness Recovery Action Plan (WRAP), Asist and SafeTALK, and the implementation of 'Connecting for Life' national policy.

Development Officers Finola Colgan and Aine Hurley delivering a talk on farming resilience to students at ATU Mountbellew in County Galway.



MHI Development Officers Bill Vaughan and Kim Doherty, newly trained Slaintecare community programmes facilitators, HSE Mental Health Promotion and Resource Suicide Prevention Officer delivered 'Minding your Wellbeing' training and presentations at the CHO1 'Facilitator Appreciation Day' in Cavan.



Development Officers Claire Flynn and Aine Hurley presenting the 'Stronger Minds, Happier Lives' programme to the Streetwise Group in Ennis, Co. Clare.



Finola Colgan represents Mental Health Ireland and celebrates the Aontas to represent STAR Awards.

Delivering and coproducing local and national awareness raising initiatives, targeted education and training on a variety of mental health topics.



Development Officer Kim Doherty partnered with Cavan Sports Partnership to deliver Five Ways to Wellbeing workshops as part of their 'Operation Keep Well' programme.



Development Officer Aine Hurley promoting & raising awareness of mental health, supports and resources at the Aran Islands Health Fair.



Development Officer Miffy Hoed raising awareness of mental health and recovery in County Leitrim.



'The Midwest Radio Podcasts - Healthy Mayo Brand Awareness' Campaign co-created by Development Officer Teresa Keane in partnership with Peer Perspective, Mayo Recovery College, REGARI, Mayo Comhairle, Mayo Mental Health association, Mayo Libraries, Mayo Older Peoples Council, ATU Mayo, CNM2 Infant Feeding Lactation, Mayo Community Healthcare West.

STRATEGIC PRIORITY AREA 2

Embed coproduction

Coproduction is a strengths-based process that looks to incorporate the end user as an equal participant from the very beginning and throughout the process, planning, development, delivery and evaluation. For Mental Health Ireland this means having people with lived and family experience of mental health challenges as active participants alongside professionals from community and voluntary sector, mental health services, or wider community representatives.

Bringing coproduction to life, is our partnership with Special Olympics Ireland and Ireland's first coproduced mental health promotion programme for people with Intellectual Disability, **Stronger Minds, Happier Lives**. The programme was fully coproduced with Athletes and Health Messengers from Special Olympics Ireland to support Special Olympics athletes to grow their understanding of mental health, help them to manage stress and express feelings, develop skills to cope with challenging emotions and tough conversations and learn about the mental health support services available. We were delighted to be awarded the Golisano Health Leadership Award for our **Stronger Minds, Happier Lives** 5-week programme for people with intellectual disability.

Read more: www.mentalhealthireland.ie/stronger-minds-happier-lives



How do we champion, sustain & improve access to coproduced policies & practices? Mental Health Ireland's Communications Manager Carmen Bryce joined the discussion at the 18th European Congress of Psychology 2023 in Brighton last July.

"It felt like a safe space to share, comforting and friendly."

(Participant of the Stronger Minds, Happier Lives Special Olympics/Mental Health Ireland Partnership)



2023 also saw the delivery of 18 **workshops to Mens Sheds**, 10 x 5-week **programmes for Family Carers**, the delivery of the '**Stronger Minds, Happier Lives**' 5-week programme to all 60 of the athletes going to the **Special Olympics World Games**, and the delivery of ten **2-day 'Wellness Recovery Action Planning programmes'** across Ireland to support participants mental health recovery.

STRATEGIC PRIORITY AREA 3

Improve Inclusion and Accessibility

We are committed to ensuring that the work of Mental Health Ireland is representative and inclusive of and accessible to the society we live in. Mental Health Ireland's programmes and initiatives will be evidence-informed and Mental Health Ireland will be a credible and reliable source of information and evidence on Mental Health Promotion and Recovery.



TRAINING, RECOVERY & MENTAL HEALTH PROMOTION RESOURCES AND PARTNERSHIPS

In 2023, we partnered with a range of organisations who are leaders in diversity, inclusion and accessibility to teach us how to better embed inclusivity in our work and provided mental health promotion training to priority groups who experience poorer mental health outcomes, including:

- **Men's Sheds Ireland** on their 'Sheds for Life' Programme
- **Special Olympics Ireland**
- **'One Million Stars' to End Violence**
- **Usher Syndrome Ireland**
- **The Royal College of Surgeons Ireland** on their 'HUGS@Home programme' targeting first responders and their families
- **Family Carers Ireland**

'Training Accessibility and Inclusion' project

2023 saw significant progress being made on the **'Training Accessibility and Inclusion' project**. This included the development of:

- a **'Writing Style Guide'** for all staff;
- an updated accessible evaluation process and templates;
- an **Accessibility & Inclusion Guide for Facilitators Working with Foreign or Sign Language Interpreters**;
- an **Accessibility & Inclusion Guide for Facilitators Working with People with Mental Health Difficulties**;
- an **Engaging Groups of Men in Mental Health Education Programmes - Strategies and Toolkit**;
- an **'Introduction to Recovery Through Artmaking**
- **'C.H.I.M.E. Framework' workshop template**

Training for staff was also arranged including the **'Starting a Conversation about Racism and Mental Health'** staff training.

Mental Health Ireland were proud to be invited by **NALA** to present on **'Becoming More Literacy Friendly - Mental Health Ireland's Journey'**. We were also included on the Kingstown College - Webinar Series 2023 - Panel: **'Diversity - What do we need to Know?'**.

MENTAL HEALTH GRANTS SCHEME

The Department of Health gave access to **€1 million in funding** to small volunteer and community organisations that assist or work with people with mental health challenges.

In addition, the Health Service Executive (HSE) provided **€500,000 in funding** in March 2022 to expand the grant program's eligibility to include relevant community and nonprofit organisations.

Mental Health Ireland partnered with the Department of Health and the HSE to develop and oversee the Mental Health Grants Scheme.

In accordance with the national mental health policies 'Sharing the Vision' and 'Connecting for Life', and throughout 2022/2023 the Mental Health Grants Scheme provided **81 organisations with one-time funding** in the form of grants for the creation and implementation of locally led actions by community and voluntary agencies working in the area of mental health and wellbeing.

The **total direct reach of the projects was 82,915**, with an **indirect reach of 1,790,405**. The highest population groups that had an estimated direct reach were

- 1) the general public 51,775
- 2) people living with mental health challenges 10,080
- 3) older people 6,259

The Grants Scheme



The Grant Scheme was developed and administered by Mental Health Ireland and partners



81

Organisations awarded funding for mental health and wellbeing projects



82,915
1,790,405

Directly impacted by grants
Indirectly impacted by grants



Population groups with highest direct reach:
51,775
10,080
6,259

1. General public
2. People living with mental health challenges
3. Older people



STRATEGIC PRIORITY AREA 4

Be an evidence-informed knowledge sharing organisation






Supported by our Research team, we strive to underpin our work, programmes, campaigns and initiatives with a robust evidence base and evaluation to create and to share accessible, coproduced and credible information on mental health, wellbeing and recovery.

POLICY AND RESEARCH

An introduction to a Patient and Public Involvement (PPI) workshop was coproduced by Mental Health Ireland, supported by the Office of Mental Health Engagement and Reform, Recovery Education Collages and other service representatives. The widely used definition of Patient and Public Involvement in research is: 'research carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them. The aim of the workshop is to increase understanding of the research process, and how mental health experience can be a valuable contribution. Participants will learn about, what research is, and how it is done. How mental health experience can influence the research process. How participants can contribute to research and what the benefits are for getting involved. The workshop will be piloted mid to late 2024 across two recovery colleges.

MENTAL HEALTH IN THE MEDIA

Throughout 2023, Mental Health Ireland worked with local and national broadcast, digital and print media to promote mental health and recovery to support balanced, accurate and respectful reporting of mental health topics and stories. Our Communications Team works to promote and represent mental health and recovery across multi digital platforms, new resources, events and in the media, engaging and listening to our stakeholders to tell stories and share information.

	2023
MEDIA APPEARANCE	600+ media pieces
MENTAL HEALTH IRELAND WEB TRAFFIC	80.5k users 174k page views
 Twitter/X followers	26.12k
 Facebook	28.29k
 Instagram	14.35k
 YouTube	29.5k views
 LinkedIn	19.1k

STRATEGIC PRIORITY AREA 5

Build Sustainability and Organisational Capacity

The external environment in which we operate has an increasing focus on sustainability and the need for the highest possible standards and transparency in our work. Mental Health Ireland will continue to improve its governance, processes, and systems to ensure a future proofed, ethical and environmentally responsible organisation.



"I chose to volunteer for Mental Health Ireland because I, like many others, have experienced my own mental health challenges. I recognised the importance of recovery and mental wellbeing and wanted to be part of the positive change taking place in Ireland."

Minister for Mental Health and Older People Mary Butler TD said: "Over the last few years Mental Health Ireland has been a constant presence in our communities, through its Associations and volunteers, providing guidance and support to people with mental health difficulties and making a huge difference to the quality of people's lives and the lives of their families. We cannot under-estimate the importance of having a **National Volunteer Strategy** to protect both organisations and the volunteers who give so generously of their time and expertise."

Download the National Volunteer Strategy here: www.mentalhealthireland.ie/volunteer

Research shows that being a volunteer is good for our mental health. It boosts skills, community connection and a sense of purpose. **The National Volunteer Strategy** is designed to note the key challenges a volunteer may face and to propose practical solutions, so the focus and quality of the work is sustained. The Strategy looks at the whole life cycle of volunteering from induction and training through to ongoing support and development.



VOLUNTEER STRATEGY

In May 2023, Mental Health Ireland launched its **National Volunteer Strategy** and Programme ahead of a weeklong celebration of giving back in the community. The new Strategy was launched by the Minister for Mental Health and Older People Mary Butler TD at Smock Alley Theatre, Dublin ahead of National Volunteering Week (15-21st May).

The **Volunteer Strategy** will support volunteers, develop opportunities and pathways for new volunteers and respond to the changing landscape of volunteering. The Strategy will also provide clear and transparent priorities, objectives and actions that will support the ongoing growth and development of volunteering.



(l-r) Theresa Goff, Ciara Gray, Catherine Brogan, Minister Mary Butler TD, Steven O'Neill and Ann Sheridan at the launch of the Mental Health Ireland Volunteer Strategy.

Mental Health Ireland's National Volunteer Strategy and Programme Launch 2023-2026

Tuesday, 9th May, 5:30-7pm
Venue: Smock Alley

Finger food refreshments

Join Mental Health Ireland and guests for the launch of their new **Volunteer Strategy and Recruitment Programme**. Expert panellists will discuss how volunteering has changed, its benefits, volunteering through employment, and opportunities with the charity and it's Mental Health Associations.

Officiated by **MARY BUTLER**, Minister of State For Mental Health and Older People

Guest Speakers and Panellists:

- Catherine Brogan**, Deputy CEO, Mental Health Ireland & President of Mental Health Europe
- Ann Sheridan**, Head Director, Mental Health Ireland
- Zsé Varga**, Volunteer & Development Programme Manager, Volunteer Ireland
- Steven O'Neill**, Volunteering Through Work, HSE/ETC Partnership
- Theresa Goff**, Operations Manager, Westford Mental Health Association
- Ciara Gray**, Volunteer & Fundraise, Mental Health Ireland

FUNDRAISING

A big thank you to our fundraisers and donors in 2023 for all the creative and courageous ways they supported mental health, wellbeing and recovery in 2023.

Where your support goes

- **Mental health awareness training** for community groups and mental health information resources for community groups.
- **Scholarships** for people with lived experience of mental health challenges and their supporters towards their participation of third level mental health and recovery promoting courses.
- The growth of **national mental health promotion campaigns** aimed at reducing stigma, encouraging talking about mental health, building resilience, and promoting early help-seeking.
- Our **partnerships with priority groups;** groups and communities who are statistically more likely to experience poor mental health for a variety of reasons including discrimination, economic and environmental factors, and a lack of access to supports.





GOVERNANCE AND ACCOUNTABILITY

Mental Health Ireland will continue to improve its governance, processes, and systems to ensure a future proofed, ethical and environmentally responsible organisation. More information can be found in the following Director's Report.

Director's Report and Financial Statements

Director's Report and Audited Financial Statements
for the financial year ended 31 December 2023

Registered number: 24379
Charity Number: CHY 5594
Charity Registration: No. 20008642

DIRECTOR'S REPORT

INDEPENDENT AUDITOR'S REPORT

STATEMENT OF FINANCIAL ACTIVITIES

STATEMENT OF COMPREHENSIVE INCOME

STATEMENT OF FINANCIAL POSITION

STATEMENT OF CASH FLOWS

NOTES TO THE FINANCIAL STATEMENTS

Mental Health Ireland Company Information

Chairperson **Hugh Kane**

Chairperson of Finance Committee **John Gibbons**

Directors
Dr Marina Bowe
Pauline Burke
Kathleen Chada
Robert O'Connell
John Gibbons
Ciara Gillespie
Hugh Kane
Eilish Kerrisk
Ruairi Mulrean
Ann Sheridan
Sushil Teji

Company Secretary **John Gibbons**

Auditors **JPA Brenson Lawlor**
 Brenson Lawlor House
 Argyle Square
 Morehampton Road
 Dublin 4

Bankers **Bank of Ireland**
 Smithfield
 Dublin 7

Solicitors **Partners at Law**
 Dun Laoghaire
 Co. Dublin

Business address / Registered Office **Marina House**
 11-13 Clarence Street
 Dun Laoghaire
 Co. Dublin

Director's Report For year ended 31 December 2023

The Directors present their annual report and audited financial statements of the company for the financial year ended 31st December 2023.

Mental Health Ireland is a registered charity and hence the report and results are presented in a form which complies with the requirements of Companies Act 2014 and to comply with the Charities SORP (FRS 102), the organisation has implemented its recommendations where relevant in these accounts. The main activities of the organisation are charitable.

OBJECTIVES AND ACTIVITIES

Mental Health Ireland is the longest established national mental health charity in Ireland. Throughout our history we and a network of Mental Health Associations have played a central role in reshaping how the public understand mental health issues. Since our establishment in 1966, we have been front and centre in promoting mental health, supporting people with lived experience of mental health challenges in their recovery and bringing practical expression to national policy objectives. Our work couldn't happen without the close relationships we have with members of our coproduction groups who come from different communities, the voluntary sector and mental health services.

Mission

Our Mission is to promote and enhance mental health and wellbeing and to create a culture where we are all respected and supported, especially when our mental health is challenged.

Vision

Our vision is for an Ireland where mental health is valued and supported as an essential part of everyone's health, so that individuals, family and friends, and communities can thrive.

Values

- The principles of human rights, equality and equity, recovery and trauma-informed care are all integral to and at the core of our work.

- We are committed to using coproduction, being evidence informed, improving accessibility, ensuring inclusion & representation and becoming more sustainable in our practices.
- We value volunteers, staff and partners through creating a respectful, equal, and supportive environment.
- Transparency, good governance, and compliance with the highest ethical standards are intrinsic to our work.

Strategy: 'Mental Health for All, Hope, Strength and Action 2022-2024'

Incorporating the recommendations of the national mental health policy 'Sharing the Vision' (Department of Health, 2020), Mental Health Ireland's strategy is built upon five linked priority areas:

- 1 Strengthening mental health promotion and the process of Recovery,
- 2 Embedding coproduction,
- 3 Improving inclusion and accessibility,
- 4 Being an Evidence based and knowledge sharing organisation and
- 5 Building sustainability and organisational capacity.

Each of these priorities areas is underpinned by robust objectives and specific actions. See:

www.mentalhealthireland.ie/strategy

OUR WORK AND IMPACT

- We create and run evidence-based mental health and recovery promoting Campaigns nationally and locally, such as Hello, How Are You? and World Mental Health Month.
- Our bursaries and awards support access to mental health recovery and peer support courses.
- We develop evidence-based Programmes and Initiatives that create opportunities for people and communities to enhance and protect their mental health, such as Thrive and Woodlands for Health.
- We work in partnership with the HSE to grow the network of Recovery Education Services, Recovery Educators, Family Recovery Workers and Community Connectors across the country.
- Our team of Development Officers work across the country linking with the network of Mental Health Associations, volunteers and community groups, promoting mental health and supporting recovery in their communities.
- We work with a range of partners in the statutory, community, voluntary and corporate sectors in Ireland, Europe and Internationally.
- We are members of the International Initiative for Mental Health Leadership and currently hold the presidency Mental Health Europe.
- Across the country we work with a network of Mental Health Associations. These are volunteer led and focus on mental health promotion and recovery in their communities.
- We provide evidence based mental health awareness Training in workplaces and communities.
- We also work in partnership with key agencies to develop programmes for marginalised groups.

ACHIEVEMENTS AND PERFORMANCE

Campaigns, Programmes and Initiatives

Mental Health Ireland works with the network of Mental Health Associations and strategic partners to identify, implement and disseminate evidence-based mental health promotion activities and tools for use in local communities.

Hello, How Are You?

Hello, How Are You? is a campaign about connection and engaging in open conversations about mental health. The campaign asks individuals, communities, workplaces, friends & family to say 'Hello' and ask the question 'How Are You?' in a meaningful way. This national campaign was developed by Mental Health Ireland in 2021/2022 with the aim of increasing meaningful connections between people and encouraging appropriate help seeking.

The objectives of the campaign are:

- Improve awareness & understanding of mental health
- Grow confidence in starting and normalising conversations about mental health
- Reduce loneliness and enhance connections for people
- Create a greater sense of community
- Increase signposting to services
- Encourage earlier help-seeking/help-finding

The **Hello, How Are You?** campaign provides multilingual resources, merchandise and training in the workplace and community, with a campaign toolkit freely available in 15 different languages. In 2023, **Hello, How Are You?** happened in every county with a wide variety of events rolled out: outside broadcasts, radio interviews, coffee mornings, public events, choir performances, spots events, information stands, awareness day, social media campaigns, workshops and seminars with guest speakers, wellbeing walks/runs, road sign campaigns and many more.

The diverse groups that hosted these Hello How Are You? events included family resource centres, mental health associations, ETBs, Educational settings e.g. universities and primary schools, youth groups e.g. Foroige, parental groups,

voluntary community groups, sport groups e.g. sports partnerships and GAA clubs, MABS, healthy libraries, traveller groups, HSE (Health Service Executive) and day centres, intellectual disability services, LGBTQI+ groups e.g. Dublin Pride group, care homes, local authorities and men's sheds. Corporate groups included: retail, pharmacies, delivery services, hospitality, wellbeing and fitness, banking, recruitment and consulting, and manufacturing. In 2023, there were nine Hello training sessions held with 109 attendees. 93% said the workshop would help them roll the campaign out in their community.

A partnership with Irish Rail was secured for the 2023 campaign. The partnership included: social media promotion, training to Irish Rail Champions, campaign roll-out by Irish Rail Champions, a photocall launch at Heuston Station, digital advertising at Heuston and Connolly stations, posters on trains and Darts, and posters/billboard advertising at stations around the country (300 posters onboard and 75 posters at stations). We also had volunteers and information stands at Heuston, Galway and Cork stations on March 30th with outdoor broadcasts in Cork/Galway and a videographer in Galway. This partnership will continue in 2024.

The campaign saw extensive social media coverage on March 30th including all local events, Irish Rail events, #hellohowareyou - trended number 1 on Twitter (X). Hello 2023 saw a noticeable increase in registered events from the 2022 campaign. There was a total of 274 registered events in 2023 (vs 217 in 2022).

For more information, visit: www.hellohowareyou.info

Thrive

Building upon the work of colleagues in Philadelphia, New York, West Midlands UK and London, Mental Health Ireland are bringing the mental health model of **Thrive** to Ireland. Following a study of local demographics and profiles across Dublin and discussions with local community representatives and leaders, Balbriggan was identified as a compatible community to initiate this approach. **Thrive Balbriggan** was launched in October 2021. It is shaped and led by the community and supported by Mental Health Ireland and Fingal County Council.

Thrive-led initiatives include:

- Encouraging conversations about mental health and wellbeing at a local level
- Organisation of Connect Café for the local community (Connect Cafés are organised events that bring people together to connect and start conversations on mental health and wellbeing)
- Planning and organising of SafeTalk sessions (Suicide Alertness training) for a local community
- Hosting Five Ways to Wellbeing Workshops (actions to practice each day to maintain or improve our mental health and wellbeing) for the local community
- Active participation in Mental Health Ireland's Hello, How Are You? Campaigns
- Participation and organisation of events to mark World Mental Health Month in October
- Great Places and Spaces – an intersectional, intergenerational project to identify places and spaces that promote good mental health and well-being in Balbriggan.
- Representation and participation at various events on a local and national level

Thrive Balbriggan awards

- 2023 Volunteer Ireland Award in the Medium Group category.
- Runner up in the 2024 All Ireland Community and Council Awards in the Best Mental Health category

World Mental Health Month

October 10th marks **World Mental Health Day** where every year, the World Federation for Mental Health, sets a theme. In 2023 that theme was "Mental Health is a Universal Human Right". Mental Health Ireland organised a rich program for the whole month of October and had a strong presence locally through the work of our Development Officers. This work was supported through our World Mental Health Month designated website with resources.

Some highlights throughout the month included: a fundraising event at the Blanchardstown Shopping Centre on September 30th and October 1st; the launch of the new Menopause & Mental Health Booklet in Limerick City Hall on October 13th; the Galway Mental Health Association hosted a conference titled 'Celebrating Volunteers – Ordinary People Who Do Extraordinary Things.' at the Galway Bay Hotel to celebrate their 40th anniversary and a webinar was organised to present a new self-directed eLearning module for leaders in workplaces on October 24th.

Organisations and groups registered their own events on our website which was then highlighted on our interactive map. This map was used by individuals to see what events were taking place in their local areas. A total of 139 events were run across 24 counties including, connect cafes, coffee morning, walks, talks and information stands and were run by Mental Health Associations, sport associations, Family Resources Centres, art initiatives, libraries, education, and businesses. The activities were highlighted through a national and local communications plan including social media, radio and print.

Woodlands for Health nature programme

Woodlands for Health is a 12-week woodland-based guided walking programme for adults availing of mental health services and supports in Ireland. **Woodlands for Health** is an accessible and sustainable way to engage with nature, as part of a toolkit for supporting mental health and well-being. **Woodlands for Health** began as a pilot project in Wicklow in 2012, based on the award-winning “Branching Out” programme in Scotland. The programme is a collaboration between Mental Health Ireland, Coillte and Get Ireland Walking

By the end of 2023 there are 36 established programmes across 24 counties of the Republic of Ireland with plans in place to roll out programmes in the remaining two counties in early 2024. Based on the average number of 15 participants, approximately 540 people took part in **Woodlands for Health** programmes in 2023.

A **Woodlands for Health** Implementation Guide was finalised and made virtually available in February. This comprehensive document details the process of setting up and running a **Woodlands for Health**

programme and can be used by prospective Local Steering Groups as well as existing facilitators, to ensure that the fidelity of the programme is upheld. The Woodlands for Health webpage has been increasingly populated with resources including photographs, links to videos and podcasts, reports and the Implementation Guide.

A Process Evaluation was developed and began gathering data in September. This evaluation involves a short virtual form to be completed by facilitators each week, compiling information such as location, number of participants, conditions, and facilitators involved, as well as an attendance sheet, which provides crucial statistics about the entire **Woodlands for Health** network of programmes.

There are plans in place to develop the **Woodlands for Health** specifically for members of the Travelling Community, a Nature Based Intervention for older people with dementia, as well as a Woodlands for Health Facilitator Training. This will be rolled out in 2024.

Mental Health Ireland branded training programmes include:

- Mental Health & Wellbeing Workshop** – community setting
- Mental Health & Wellbeing Workplace Workshop** – employees
- Mental Health & Wellbeing Workplace Workshop** – managers
- Five Ways to Wellbeing in Tough Times Workshop**
- Alcohol & Mental Health Workshop**
- Mental Health & Family Caring** – Supporting the Supporters Programme (5 weeks)
- Stronger Minds, Happier Lives Programme** – In Partnership with Special Olympics Ireland (5 weeks)

2023 Highlights: Education, Training and eMental Health

We were delighted to be awarded the **Golisano Health Leadership Award** for our **Stronger Minds, Happier Lives** 5-week programme for people with intellectual disability. 2023 also saw the delivery of 18 workshops to Mens Sheds, 10 x 5-week programmes for Family Carers, the delivery of the **Stronger Minds, Happier Lives** 5-week programme to all 60 of the athletes going to the Special Olympics World Games, and the delivery of ten 2-day **Wellness Recovery Action Planning** programmes across Ireland to support participants mental health recovery.

2023 also saw significant progress being made on the **Training Accessibility and Inclusion** project. This included the development of a **Writing Style Guide** for all staff; an updated accessible evaluation process and templates; an **Accessibility & Inclusion Guide for Facilitators Working with Foreign or Sign Language Interpreters**; an **Accessibility & Inclusion Guide for Facilitators Working with People with Mental Health Difficulties**; an **Engaging Groups of Men in Mental Health Education Programmes- Strategies and Toolkit**; an **Introduction to Recovery Trough Artmaking and the C.H.I.M.E. Framework** workshop template. Training for staff was also arranged including the **Starting a Conversation about Racism and Mental Health** staff training.

Mental Health Ireland were proud to be invited by NALA to present on ‘Becoming More Literacy Friendly – Mental Health Ireland’s Journey’. We were also included on the Kingstown College – Webinar Series 2023 – Panel: ‘Diversity – What do we need to Know?’.

	2023
Total Number of Mental Health Training Sessions delivered	323
Total Number of Hours Mental Health Training Sessions delivered	939
Total Number of Attendees at Mental Health Training Sessions	6,000

Webinars hosted by Mental Health Ireland in 2023	During World Mental Health Month we hosted a webinar on Workplace Wellbeing which saw over 600 register to attend.
New Web Resources	New e-learning platform developed. 2 x e-modules created: <ul style="list-style-type: none"> • Your first steps towards mental health and wellbeing in the Workplace, • Alcohol, how it can impact on your mental health. In 2023, we had 192 users over 2 months since launch.
World Mental Health Month Website	Webpage designed to host WMHM webinar and related materials.
Wellness Works Framework	The Wellness Works Framework has seen 6,363 online downloads/accesses since its publication in March 2023. The HSE funded the printing of 4,000 copies, of which 700+ have been ordered.

Winter Wellness Campaign Webpage	During December we ran the annual Winter Wellness digital e-mental health promotion campaign for the 4th year. It continues to be a success with engagement increasing on 2022.
	Google analytics for Campaign 2023:
	20K views
	9.8k users
	9.2K New Users
	Busiest day was Monday Dec 11th with 930 users visiting on the first day of the campaign
	Social Media Reach Dec 1-31 2023 (Compared to 2022 Campaign)
143 posts published: +38.8%	
264,228 impressions: +157%	
9,070 engagements: +118.2%	
13,515 video views: +96.3%	

Mental Health Engagement and Recovery

Without the support and funding of the Health Service Executive, it would not be possible for Mental Health Ireland to deliver on these programmes.

We continue to innovate and be an active partner in following projects:

- Service Reform Fund (SRF) Projects
- ARIES (HSE Mid-West CHO3)
- Recovery Education Service (CHO6)
- National Forensic Mental Health Services (NFMHS - CHO6)
- Recovery College Mayo (MMHS CHO2)
- REGARI -Roscommon/East, Galway Mental Health Services (CHO2)
- Recovery College South East (CHO5)
- MindSpace Mayo (CHO2)
- Recovery Education Service (CHO7)
- Recovery Education Service (CHO8)
- Community Café (CHO 2)
- Family Peer Support Worker service (CHO 2)

Mental Health Ireland is proud to be a pragmatic partner in facilitating, incubating and working to sustain recovery initiatives in Ireland.

Number of Recovery Education Staff Members Employed as at 31st December 2023	Dec 2023
Recovery Education Facilitators	43
Family Peer Support Workers	5
Community Café staff	12
Peer Educators	18
Recovery Education Manager / Coordinators	5
Peer Connectors	7
Total Number of Mental Health Ireland Posts in working in Recovery Roles	92

Tony Leahy Bursary Programme

Further education and personal capacity building plays a key role in recovery and moving forward in life, Mental Health Ireland's Tony Leahy Scholarship Programme can provide up to 50% of the course fees for eligible applicants and up to 100% fees for special category applicants including members of the Traveller Community and International Protection Applicants. This Programme also increases capacity for meaningful roles within recovery, thus influencing the national dialogue and increasing opportunity for lived experience and supporting progress in mental health recovery.

This Scholarship Programme supports participants studying at UCC (QQI Level 6 Certificate in Mental Health in the Community), DCU (QQI Level 8 SPA Certificate in Peer Support Working), University of Galway (QQI Level 9 Postgraduate Certificate in Mental Health Promotion), GMIT (QQI Level 8 Certificate in Peer Support Practice) and Kingstown College (Advanced Diploma in Mental Health & Well Being Coaching Programme). The Tony Leahy Scholarship Programme is made possible by our national fundraising. Our support for new courses and the students in their first year forms a stronger base from which the courses can grow and allows us an opportunity to influence the national dialogue on recovery at its fledgling stages in education

	2023
Tony Leahy Scholarship Programme - number offered	71
Total Value of the Tony Leahy Scholarships awarded	€62,635

Mental Health Ireland Kevin Plunkett Award

The **Kevin Plunkett Award** is named after the former Area Director of Nursing for Waterford/Wexford Mental Health Service who passed away in May of 2021. This Award aims to recognise the work of Registered Psychiatric Nurses (RPN) working throughout Ireland and celebrate and support the projects and initiatives contributed by these individuals. These may include Mental Health Promotion, Coproduction, Facilitating Recovery, Service Quality, Innovation and Improvement, Public Understanding or Community Engagement. Awards may be utilised to advance; Further Education/ Training/ Research or facilitate Educational Travel/ Study/ Conference attendance/ Innovate/ Pilot projects (small scale).

	2023
Kevin Plunkett Award - number of recipients	4
Total Kevin Plunkett Awards made	€6,000

Collaboration

We are active members of Mental Health Reform, Green Ribbon, Irish Charities Institute, Family Carers Ireland, The Wheel and First Fortnight in Ireland. Internationally, Mental Health Ireland is networked via Mental Health Europe and the International Initiative for Mental Health Leadership. Mental Health Ireland's membership of INAR (Irish Network Against Racism) and participation in unconscious bias training with the Immigrant Council of Ireland spotlights cultural awareness and diversity.

PPI (Person/Patient and Public Involvement)

An introduction to PPI workshop was coproduced by Mental Health Ireland, supported by the Office of Mental Health Engagement and Reform, Recovery Education Collages and other service representatives. The aim of the workshop is to increase understanding of the research process, and how mental health experience can be a valuable contribution. Participants will learn about what research is and how it is done; How mental health experience can influence the research process; How participants can contribute to research and what the benefits are for getting involved. The workshop will be piloted mid to late 2024 across two recovery colleges.

Digital Engagement

See highlights of communications activity in 2023 below:

Mental Health Ireland web traffic	2023
Overall users	80.5k
Overall new users	81k
Overall page views	174k

Social Media Platform	Followers 2023	Followers 2022
X (formerly Twitter)	26.12k	25.62k
Facebook	28.29k	25.69k
Instagram	14.35k	12.95k
YouTube	29.5k views	30.18k views
LinkedIn	19.1k	9.94k

Recruitment/growth of team

Recruitment and growth of the team remain important priority objectives for Mental Health Ireland.

Governance/Compliance

Governance & Compliance is a vital area of ongoing focus and priority objectives for Mental Health Ireland.



FINANCIAL REVIEW

Summary surplus for the year:

	2023	2022	€ Decrease	% Decrease
Income	€5,291,596	€7,117,847	-€1,826,251	-26%
Expenditure	€5,103,730	€6,413,801	-€1,310,071	-20%
Surplus	€187,666	€704,046		

Of the total decrease in income in 2023, €1.55m related to the restricted Grant Programme which was received in 2022 from the Department of Health/HSE (corresponding expenditure was €1.48m).

€220k of unrestricted funding from the HSE in 2022 to fund 4 Head Office positions did not reoccur in 2023 driving the balance of the income variance.

Full results for the year are set out in the Statement of Financial Activities on page 21. A detailed breakdown of all Mental Health Ireland's sources of funding, with comparative figures for 2022, is provided in Note 4 to the Financial Statements.

Mental Health Ireland's Audit & Finance Committee

Mental Health Ireland's Audit and Finance Committee consider all relevant financial matters and make recommendations to the full Board for their consideration and approval. This includes review of management accounts, budgets, financial statements and any new opportunities for funding and/or investment that may arise from time-to-time. John Gibbons was appointed to the Chair in 2023, he is a senior qualified accountant.

Reserves Policy

Following a recommendation of the Finance Committee, the Board has previously agreed that a prudent reserves policy is the maintenance of three to six months of self-funded operating costs with a recommended minimum reserve of €300,000. This reserves policy recognises that any change in our existing HSE funding arrangements would include financial provision for existing contractual commitments to staff members. The level of reserves is reviewed on a regular basis to ascertain whether it is appropriate to current operating conditions.

The reserves position as at 31 December 2023 was:

	2023	2022	€ Increase/ (decrease)	% Increase/ (decrease)
Unrestricted Reserves	€569,117	€709,206	-€140,089	-20%
Designated Reserves	€40,704	€90,289	-€49,584	-55%
Restricted Reserves	€1,935,685	€1,558,145	+€377,540	24%
TOTAL RESERVES	€2,545,506	€2,357,640	€187,868	8%

Mental Health Ireland has a 'no risk' approach to the investment of its reserves and only considers cash or cash equivalents as a prudent investment vehicle for the assets of the Company. Mental Health Ireland's intention is to invest available reserves in increasing activity/services it offers rather than building substantial reserves. Mental Health Ireland's budget for 2024 provides for the investment of €264k of retained unrestricted reserves into delivering services which would reduce unrestricted reserves to €305k.

Designated reserves relate to the *Tony Leahy Scholarship Programme* and it is budgeted to invest the balance of retained designated reserves into Scholarships in 2024.

Restricted reserves relate to HSE funded programmes which Mental Health Ireland host on their behalf. These restricted reserves can only be utilised on the respective programme. In some programmes reserves have been built up to fund specific future costs. It is budgeted in 2024 to invest €586k of the €1.94m of retained unrestricted reserves into these programmes.

Fundraising

Mental Health Ireland is majority funded by the HSE under a series of detailed service arrangements which set out the quantum and quality of programmes to be delivered. We also conduct fundraising nationally, while taking care not to encroach on the fundraising efforts of local Mental Health Associations. Over recent years we have developed a successful online fundraising platform, generously supported by donors who use our website and social media channels.

	2023	2022	€ Increase/decrease
Fundraising Income	€209,495	€169,551	€24%

STRUCTURE, GOVERNANCE AND MANAGEMENT

Mental Health Ireland Board

All Board Members are volunteers and serve an initial three-year term and may commit to a second term of three years. Information and biographic details on all Directors can be viewed on Mental Health Ireland's Website www.mentalhealthireland.ie. There are 12 active directors serving on the Mental Health Ireland Board of Directors. Board meetings are held every 2 months, with additional Finance & Audit Committee meetings and Governance Committee meetings taking place bi-monthly also (see attendance record below). Conflicts of interest are declared at the commencement of each meeting, in accordance with Mental Health Ireland's formal Conflict of Interest Policy.

Attendance at Governance Committee Meetings 2023							
Name	Role on Board	Feb 2	Apr 18	May 18	Jul 13	Sep 14 (cancelled)	Nov 11
Robert O'Connell	Vice-Chairperson & Governance Committee	✓	✓	✗	✓	N/A	✓
Eilish Kerrisk	Board of Directors Member, Governance Committee Member	✓	✓	✓	✓	N/A	✓
Ruairi Mulrean	Board of Directors Member, Governance Committee Member	✓	✗	✓	✓	N/A	✓
Martin Rogan	CEO	✓	✓	✓	✓	N/A	✓
Catherine Brogan	Deputy CEO - Joined committee March 2022	✓	✓	✓	✓	N/A	✗
Maria Walsh-Healy	Operations Governance and Compliance Manager	✓	✗	✓	✓	N/A	✓

Attendance at Board Meetings 2023							
Name	Role on Board	Feb 3	Mar 24	May 19	Jul 14	Sep 15	Nov 10
Hugh Kane	Chairperson	✓	✓	✓	✓	✓	✗
Robert O'Connell	Vice-Chairperson and Chairperson, Governance Committee	✓	✓	✗	✓	✗	✓
Alma O'Brien	Finance Committee Chairperson (resigned from board May 2023)	✓	✓	✓	N/A	N/A	N/A
Pauline Burke	Committee and Governance Committee Member	✓	✓	✓	✓	✓	✓
Sushul Teji	Board of Directors Member, Finance Committee Member	✓	✓	✓	✓	✓	✓
Eilish Kerrisk	Board of Directors Member, Governance Committee Member	✓	✓	✓	✓	✓	✓
Ruairi Mulrean	Board of Directors Member, Governance Committee Member	✓	✓	✓	✓	✓	✓
Ann Sheridan	Board of Directors Member	✓	✓	✓	✓	✓	✓
Ciara Gillespie	Board of Directors Member	✗	✓	✗	✓	✗	✓
Colman Noctor	Board of Directors Member (resigned from board May 2023)	✗	✗	✗	N/A	N/A	N/A
Kathleen Chada	Board of Directors Member	✗	✓	✓	✗	✗	✓
Pat Bracken	Board of Directors Member (resigned from board May 2023)	✓	✗	✓	N/A	N/A	N/A
Dr Marina Bowe	Board of Directors Member (elected onto board May 2023)	N/A	N/A	✓	✓	✓	✗
John Gibbons	Company Treasurer & Finance Committee Chairperson (elected onto board May 2023)	N/A	N/A	✓	✓	✓	✓

Attendance at Finance Committee Meetings (including staff) 2023							
Name	Role on Board	Feb 3	Mar 24	May 19	Jul 14	Sep 15	Nov 10
Alma O'Brien	Company Treasurer & Chairperson, Finance Committee (resigned from board May 2023)	✓	✓	✓	N/A	N/A	N/A
John Gibbons	Company Treasurer & Finance Committee Chairperson (elected onto board May 2023)	N/A	N/A	N/A	✓	✓	✓
Pauline Burke	Board of Directors Member, Finance Committee & Governance Committee Member	✓	✓	✓	✓	✓	X
Sushel Teji	Board of Directors Member, Finance Committee Member	✓	✓	✓	✓	✓	✓
Martin Rogan	CEO	✓	✓	✓	✓	X	✓
Tina Roberts	Finance Manager (resigned July 2023)	✓	✓	✓	✓	N/A	N/A
Maria Meagher	Finance Manager (commenced Aug 2023)	N/A	N/A	N/A	✓	✓	✓
Maria Walsh-Healy	Operations Governance and Compliance Manager, & occasional attendant where required	✓	N/A	N/A	N/A	✓	✓

Human Resources and Recruitment

All Mental Health Ireland staff and volunteers in relevant roles are Garda Vetted to safeguard children and vulnerable adults.

Total number of New Staff members recruited in 2023	44
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Charity Registration

During 2023, Mental Health Ireland continued to engage with its network of Mental Health Associations to ensure that they are familiar with and engaged with the charity registration process. Like Mental Health Ireland itself, each Mental Health Association is a registered charity and works with the Charity Regulator to attain and sustain the highest standards in our sector. As new Mental Health Associations are formed, they are assisted with charity registration by their local Development Officer.

Political Donations

The Company made no political donations during the year and Lobbying Returns are up to date as required.

Mental Health Ireland Annual General Meeting – 20th May 2023

The AGM was held online via Zoom.

Number of Attendees at MHI's AGM on May 20th 2023	33
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Mental Health Ireland's Annual Report for 2022 which includes our Audited Accounts and Directors Report was published in Q3 and is available online at: www.mentalhealthireland.ie/annual-reports

REFERENCE AND ADMINISTRATIVE DETAILS

Name of charity	Mental Health Ireland
Charity Number	CHY 5594
Address	Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin

THE NAMES OF THE PERSONS WHO AT ANY TIME DURING THE FINANCIAL YEAR WERE DIRECTORS OF THE COMPANY ARE AS FOLLOWS:

Directors	Dr Marina Bowe Pauline Burke Kathleen Chada Robert O'Connell John Gibbons Ciara Gillespie Hugh Kane Eilish Kerrisk Ruairi Mulrean Ann Sheridan Sushil Teji
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CEO WHOM RESPONSIBILITY FOR THE DAY-TO-DAY MANAGEMENT OF THE CHARITY IS DELEGATED:

CEO	LISA CUTHBERT (outgoing CEO January 2024 - MARTIN ROGAN)
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NAMES AND ADDRESS OF PROFESSIONAL ADVISORS:

Auditors	JPA Brenson Lawlor Brenson Lawlor House Argyle Square Morehampton Road Dublin 4
Solicitors	Partners at Law Dun Laoghaire Co. Dublin

EXEMPTION FROM DISCLOSURE

The charity has availed of no exemptions, it has disclosed all relevant information.

FUNDS HELD AS CUSTODIAN TRUSTEE ON BEHALF OF OTHERS

The charity does not hold any funds or other assets by way of custodian arrangement.

Likely future developments

The charity plans to continue the activities outlined above in its objectives and activities in forthcoming years subject to satisfactory funding arrangements.

Events after the end of the financial year

There were no post reporting date events which require disclosure.

Accounting Records

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at the charities premises, Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin.

Directors' compliance statement

The Board of Directors acknowledge that they have a responsibility to ensure that the organisation is fully compliant with their obligations under the Companies Act 2014. To this end, the audit and finance subcommittee review the internal controls in place on an annual basis. They confirm that:

- Adequate controls are in place in order to meet the obligations of the company,
- Appropriate arrangements and structures are in place that is, in their opinion, designed to secure material compliance with the company's relevant obligations.

Statement on relevant audit information

In the case of each of the persons who are directors at the time this report is approved in accordance with section 332 of Companies Act 2014:

- (a) so far as each director is aware, there is no relevant audit information of which the company's statutory auditors are unaware, and
- (b) each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's statutory auditors are aware of that information.

Auditors

In accordance with section 383(2) of the Companies Act, 2014, the auditors, JPA Brenson Lawlor, will continue in office.

Approved by the board of directors and signed on its behalf by

Hugh Kane, Chairperson
Director

John Gibbons, Chairman of the Finance Committee
Director

Date: 22nd March 2024

DIRECTORS' RESPONSIBILITIES STATEMENT

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and accounting standards issued by the Financial Reporting Council including FRS 102, the Financial Reporting Standard applicable in the UK and Ireland (Generally Accepted Accounting Practice in Ireland). Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- observe the methods and principles in the charities SORP;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the board of directors and signed on its behalf by

Hugh Kane, Chairperson
Director

John Gibbons, Chairman of the Finance Committee
Director

Date: 22nd March 2024

Opinion

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2023 which comprise the Statement of Financial Activities, Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 December 2023 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate. Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue. Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that in our opinion:

- the information given in the Director's Report is consistent with the financial statements; and
- the Director's Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director's remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Responsibilities of director for the financial statements

As explained more fully in the Director's Responsibilities Statement, the director is responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the director is responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the director either intends to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Ian Lawlor

for and on behalf of JPA Brenson Lawlor Date: 22nd March 2024

Chartered Accountants
Statutory Audit Firm

Argyle Square
Morehampton Road
Donnybrook
Dublin 4
D04 W9W7

Statement of Financial Activities

(incorporating an income and expenditure account)

For year ended 31 December 2023

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2023 €	Total 2022 €
Income					
Donations (Note 4)	-	209,495	-	209,495	169,551
Earned from charitable activities (Note 4)	-	1,915,672	3,106,666	5,022,338	6,890,692
Earned from other activities (Note 4)	-	59,763	-	59,763	57,604
Total income and endowments	-	2,184,930	3,106,666	5,291,596	7,117,847
Cost of Raising Funds					
Fundraising Costs	-	15,164	-	15,164	29,431
Expenditure on charitable activities					
Staff Costs	-	1,657,138	2,332,365	3,989,503	3,826,112
Depreciation of Fixed Assets	-	18,588	-	18,588	10,063
Operational Costs	49,585	634,129	396,761	1,080,475	2,548,195
Total Expenditure	49,585	2,325,019	2,729,126	5,103,730	6,413,801
Transfers	-	-	-	-	-
Net Movements In Funds For The Year	(49,585)	(140,089)	377,540	187,866	704,046
Reconciliation of Funds					
Total Funds Brought Forward	90,289	709,206	1,558,145	2,357,640	1,653,594
Total Funds Carried Forward	40,704	569,117	1,935,685	2,545,506	2,357,640

Statement of Comprehensive Income

For year ended 31 December 2023

	2023 €	2022 €
Surplus for the financial year	187,866	704,046
Total comprehensive income	187,866	704,046

Statement of Financial Position

For year ended 31 December 2023

	Notes	2023 €	2022 €
Fixed assets			
Tangible assets	9	<u>33,829</u>	<u>26,835</u>
		33,829	26,835
Current Assets			
Debtors	10	621,842	826,805
Cash at bank and in hand	11	<u>2,164,634</u>	<u>2,019,066</u>
		2,786,476	2,845,871
Creditors: amounts falling due within One year	12	<u>(274,799)</u>	<u>(515,066)</u>
Net current assets		<u>2,511,677</u>	<u>2,330,805</u>
Total assets less current liabilities		<u>2,545,506</u>	<u>2,357,640</u>
Reserves and funds			
Designated Reserves	15	40,704	90,289
Accumulated funds – restricted	16	1,935,685	1,558,145
Accumulated funds – general	17	<u>569,117</u>	<u>709,206</u>
		2,545,506	2,357,640

Approved by the board of directors and signed on its behalf by:

Hugh Kane, Chairperson
Director

22 March 2024

John Gibbons, Chairman of the Finance Committee
Director

Date: 24th March 2023

Statement of Cash Flows

For year ended 31 December 2023

		2023 €	2022 €
Net cash flows from operating activities	13	171,150	(674,616)
Investing activities			
Purchase of fixed tangible assets		(25,582)	-
Net (decrease)/increase in cash and cash equivalents		<u>145,568</u>	<u>(674,616)</u>
Cash and cash equivalents at beginning of financial year		<u>2,019,066</u>	<u>2,693,682</u>
Cash and cash equivalents at end of financial year		<u>2,164,634</u>	<u>2,019,066</u>

An Analysis of changes in Net Cash can be found in Note 20 to the Financial Statements.

Notes to the Financial Statements

For year ended 31 December 2023

1. GENERAL INFORMATION

These financial statements comprising the Statement of Financial Activities, the Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes constitute the individual financial statements of Mental Health Ireland Limited for the financial year ended 31 December 2023.

Mental Health Ireland is a charity limited by guarantee, incorporated in the Republic of Ireland. The Registered Office is Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin, which is also the principal place of business of the charity. The nature of the charities operations and its principal activities are set out in the Director's Report on pages 62 to 87.

STATEMENT OF COMPLIANCE

The financial statements have been prepared in accordance with Charity SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102). The charity constitutes a public benefit entity as defined by FRS 102.

CURRENCY

The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. GOING CONCERN

The charity is substantially dependent on the HSE to cover its operating expenses and to meet its stated objectives as stated in the director's report. The directors believe that income will continue at an adequate level for the foreseeable future so that the company can continue in operational existence. The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the charity's ability to meet its liabilities as they fall due and continue as a going concern. In these circumstances the financial statements are prepared on a going concern basis.

3. ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

BASIS OF PREPARATION

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice-Charities SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102) and the Companies Act 2014 except for the entity invoking the true and fair view override with regard to the profit and loss and balance sheet formats in Schedule 3 of the Companies Act 2014 as permitted in Section 3.4 of FRS102 and Section 291(5) of the Companies Act 2014.

FUND ACCOUNTING

The following funds are operated by the charity:

Restricted Funds

Restricted funds are to be used for the specified purposes as laid down by the donor/grantor. Expenditure which meets these criteria is allocated to the fund.

Unrestricted Funds

General funds represent amounts which are expendable at the discretion of the directors in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Designated funds

Designated funds are earmarked funds set aside by the directors to be used for a particular future project or commitment. Designated funds remain part of the unrestricted funds of the charity.

INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Donations and fundraising income

Donations and fundraising income are credited to income in the period in which they are receivable. Donations received in advance for specified periods are carried forward as deferred income.

Membership Fees

These are recognised in the Statement of Financial Activities of the year in which they are receivable.

Grants and Donations

The charity receives government grants in respect of certain projects. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred income.

Donated Services and facilities

Where practicable, donations of goods and services are included in donations in the financial statements at their fair value. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh the benefits, then the income and associated expenditure is not recognised.

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met. The receipt of economic benefit from the use by the charity of item is probable and that economic benefit can be measured reliably.

Notes to the Financial Statements

3. ACCOUNTING POLICIES (CONTINUED)

INCOME (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market, a corresponding amount is then recognised in expenditure in the period of receipt.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

There was no donated service and facilities during the year ended 31 December 2022.

Investment income

Interest and investment income is included when receivable and the amount can be measured reliably, this is normally upon notification of the interest paid or payable by the bank.

EXPENDITURE RECOGNITION

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

It is categorised under the following headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- Other expenditure

Costs of raising funds

Cost of raising funds includes expenditure directly associated with generating fundraising income, including attracting voluntary income and grant income.

Expenditure on charitable activities

Expenditure on charitable activities comprise those costs incurred by the charity in the pursuit of the charities objectives and in the delivery of its activities and services. It includes both costs that can be allocated directly such as wages and salaries and costs of an indirect nature necessary to support the delivery of its activities and services.

Other expenditure

Other expenditure represents those items not falling into the categories above.

RETIREMENT BENEFIT COSTS

The company operates a defined contribution scheme. Retirement benefit contributions in respect of the scheme for employees are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme. The assets are held separately from those of the company in an independently administered fund. Differences between the amounts charged in the income and expenditure account and payments made to the retirement benefit scheme are treated as assets or liabilities.

Unrestricted pension expenses relate to the pension expenses of Mental Health Ireland head office staff and Development Officers. Restricted pension expenses relate to Mental Health Engagement and Recovery (previously ARI), Mindspace Mayo, Peer Recovery West, Peer Recovery South East, Peer Recovery Dublin East, Peer Recovery Midlands, Recovery Education Facilitators and Service Reform Fund.

TANGIBLE FIXED ASSETS

All tangible fixed assets are initially recorded at historic cost. This includes legal fees, stamp duty and other non-refundable purchase taxes, and also any costs directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management, which can include the costs of site preparation, initial delivery and handling, installation and assembly, and testing of functionality.

A review for impairment of tangible fixed asset will be carried out if events or changed in circumstances indicate that the carrying value of any tangible fixed asset may not be recoverable. Shortfalls between the carrying value of tangible fixed assets and their recoverable amounts will be recognised as impairments. Impairment losses will be recognised in the Statement of Financial Activities.

DEPRECIATION

Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost or valuation, less estimated residual value, of each asset systematically over its expected useful life, on a straight line basis, as follows:

Fixtures, Fittings & equipment 20% Straight line

Notes to the Financial Statements

3. ACCOUNTING POLICIES (CONTINUED)

An amount equal to the excess of the annual depreciation charge on revalued assets over the notional historical cost depreciation charge on those assets is transferred annually from the revaluation reserve to the income and expenditure reserve.

The residual value and useful lives of tangible assets are considered annually for indicators that these may have changed. Where such indicators are present, a review will be carried out of the residual value, depreciation method and useful lives, and these will be amended if necessary. Changes in depreciation rates arising from this review are accounted for prospectively over the remaining useful lives of the assets.

TRADE AND OTHER DEBTORS

Trade and other debtors are recognised initially at transaction price (including transaction costs) unless a financing arrangement exists, in which case they are measured at present value of future receipts discounted at a market value. Subsequently these are measured at amortised costs less any provision for impairment.

A provision for impairment of trade receivables is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the agreement.

Prepayments are valued at the amount prepaid net of any trade discounts due.

IMPAIRMENT

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

CASH AND CASH EQUIVALENTS

Cash consists of cash on hand and demand deposits.

TRADE AND OTHER CREDITORS

Trade creditors are measured at invoice price, unless payment is deferred beyond normal business terms or is financed at a rate of interest that is not a market rate. In this case the arrangement constitutes a financing transaction, and the financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Provisions are recognised when the company has a present legal or constructive obligation as a result of past events; it is probable that an outflow of resources will be required to settle the obligation and the amount of the obligation can be estimated reliably.

DEFERRED INCOME

The charity recognised deferred income, where the terms and conditions have not been met or uncertainty exists as to whether the charity can meet the terms or conditions otherwise within its control, income is then deferred as a liability until it is probable that the terms and conditions imposed can be met.

Some of the grants received are subject to performance related conditions or time periods, when these performance related or other conditions are met the deferred income is released to income in the statement of financial activities.

FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The directors consider the accounting estimates and assumptions below to be its critical accounting estimates and judgements:

Going Concern

The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the company's ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the directors consider it appropriate to prepare the financial statements on a going concern basis. Accordingly, these financial statements do not include any adjustments to the carrying amounts and classification of assets and liabilities that may arise if the company was unable to continue as a going concern.

COMPARATIVE FIGURES

Where necessary comparative figures have been regrouped on a basis consistent with the current year.

EMPLOYEE BENEFITS

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service. The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. The charity operates a defined contribution pension plan for the benefit of its employees. Contributions are expensed as they become payable.

TAXATION

No charge to current or deferred taxation arises as the charity has been granted charitable status under section 207 and 208 of the Tax Consolidation Act 1997, Charity No CHY 5594.

Notes to the Financial Statements

4. INCOME FROM CHARITABLE ACTIVITIES

Income for 2023 analysed as follows:	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	€	€	€	€
Earned from charitable activities				
H.S.E. - Core (National)	1,109,340	-	1,109,341	1,249,735
H.S.E. - Core (South East)	85,652	-	85,652	83,210
H.S.E. - Core (Dublin / Kildare)	75,239	-	75,239	70,114
H.S.E. - CHO1 (Sligo / Leitrim)	69,248	-	69,248	66,908
H.S.E. - CHO1 (Cavan / Monaghan)	45,544	-	45,544	44,631
H.S.E. - CHO1 (Donegal)	56,655	-	56,655	55,039
H.S.E. - CHO2 (West)	128,598	-	128,598	124,697
H.S.E. - CHO8 (Louth / Meath)	27,316	-	27,316	27,316
H.S.E. - CHO8 (Midlands)	53,919	-	53,919	53,325
H.S.E. - CHO3 (Midwest)	69,584	-	69,584	67,163
H.S.E. - CHO6 (Dublin Wicklow)	75,227	-	75,227	71,740
Department of Health/HSE Grant Schemes	-	-	-	1,553,743
MindSpace Mayo	5,000	617,424	622,424	605,675
Gateway Project	-	251,320	251,320	241,167
Ennis MHA	-	-	-	8,271
West Clare MHA - Lighthouse Project	-	9,879	9,879	21,377
Nature based Health Promotion Programme	-	40,000	40,000	40,000
Int. Exercise Practitioners Wexford	5,000	99,282	104,282	100,753
Famers Partnership EU Project	-	25,189	25,189	25,189
Mental Health Engagement and Recovery (previously ARI)	5,000	3,898	8,898	205,112
Service Improvement Fund (previously ARIES)	13,350	131,755	145,105	137,082
Peer Recovery National Forensic MHS	5,000	66,938	71,938	45,893
Peer Recovery South East CH05	5,000	161,462	166,462	55,152
Peer Recovery West CHO2 (ex. MMHS)	5,000	246,134	251,134	158,841
Peer Recovery CHO6 (Dublin East)	5,000	123,326	128,326	125,841
Peer Recovery CHO7 (Dub/Kil/Wick)	5,000	25,400	30,400	54,174
Peer Recovery CHO8 (Midlands)	5,000	242,545	247,545	240,765
Family Peer Support CHO2 (Bealach Nua)	-	(29,422)	(29,422)	47,054
Family Peer Support CHO2 (Mayo/Gal/Ros)	5,000	139,801	144,801	287,919
Recovery Education Facilitators (National)	51,000	564,146	615,146	624,003
Community Café CHO2	5,000	192,843	197,843	363,808
Roscommon Svr User Rep CHO2	-	18,991	18,991	16,647
ESTHER Programme	-	(7,200)	(7,200)	-
Wexford MHA	-	32,355	32,355	-
Int. Exercise Practitioners Dublin	-	120,000	120,000	-
Thrive Action Research	-	30,600	30,600	-
Total earned from charitable activities	1,915,672	3,106,666	5,022,338	6,890,692
Earned from other activities				
Annual Subscription	2,943	-	2,943	3,442
Other Income	9,483	-	9,483	2,937
Training	47,347	-	47,346	51,225
Total earned from other activities	59,763	=	59,763	57,604
Donations				
Donations / Fundraising	209,495	=	209,495	169,551

5. SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION

Surplus on ordinary activities before taxation is stated after charging / (crediting):

Surplus on ordinary activities before taxation is stated after charging / (crediting):

	2023	2022
	€	€
Depreciation of tangible assets	18,588	10,063
Audit Remuneration (including VAT)		
-Audit Fees – Statutory Financial Statements	10,092	10,086
-Audit Fees – Grant Audit	-	4,305
-Non - Audit Services	676	676

6. DIRECTORS' REMUNERATION AND TRANSACTIONS

All Directors who served during the year, received no remuneration from the charity. They received reimbursement for travel expenses incurred for board meetings attended.

KEY MANAGEMENT PERSONNEL

The CEO's salary for the year was €110,537 (2022: €106,010) in addition to 7% of gross salary paid as employer contribution into a pension on behalf of the CEO.

Notes to the Financial Statements

7. STAFF COSTS

The average monthly number of persons employed by the company during the financial year analysed by category, was as follows:

	2023 Number	2022 Number
Head Office	18	19
Development Officers	11	10
Gateway Project	5	4
Mental Health Engagement and Recovery (previously ARI)	1	2
Mindspace Mayo	8	8
Service Improvement Fund (previously ARIES)	3	3
Peer Recovery Programmes	19	23
Community Café	7	7
Recovery Education Facilitators (National)	29	30
National Woodlands & Nature Project	1	-
National Forensic Service	2	-
Integrated Exercise Practitioners	2	-
Thrive Research Project	1	-
West Clare MHA	1	-
Wexford MHA	1	-
Mental Health Associations	-	2
Total	109	108

Their aggregate remuneration comprised:

	2023 €	2022 €
Wages and salaries	3,496,581	3,371,308
Social security costs	346,918	350,338
Pension Costs	128,004	104,466
	<u>3,989,502</u>	<u>3,826,112</u>

The number of higher paid employees including the CEO was:

Salary band	2023	2022
€60,000- €70,000	5	4
€70,001- €80,000	1	1
€90,001- €110,000	-	1
€110,000 +	1	-
	<u>8</u>	<u>6</u>

8. RETIREMENT BENEFIT INFORMATION

	2023 €	2022 €
Retirement benefit charge	<u>128,004</u>	<u>104,466</u>

Defined contribution scheme

The company operates a defined contribution scheme, 'Pension Scheme Fund', for its employees. The scheme is externally financed in that the assets of the scheme are held separately from those of the company in an independently administered fund.

Notes to the Financial Statements

9. TANGIBLE FIXED ASSETS

The average monthly number of persons employed by the company during the financial year analysed by category, was as follows:

Cost or valuation

At 1st January 2023
Additions

Fixtures,
Fittings &
Equipment
2023
€

54,305
25,582

At 31st December 2023

79,887

Depreciation

At 1st January 2023

27,470

Charge for the financial year

18,588

At 31st December 2023

46,058

Net Book Value

At 31st December 2023

33,829

At 31st December 2022

26,835

10. DEBTORS

Trade debtors
Other debtors
Prepayments and accrued income

2023
€

599,368
931
21,543

2022
€

768,204
1,850
56,751

621,842

826,805

11. COMPONENTS OF CASH AND CASH EQUIVALENTS

	2023 €	2022 €
Cash at bank and in hand	2,164,635	2,019,066
	<u>2,164,635</u>	<u>2,019,066</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 €	2022 €
Trade creditors	51,198	67,729
Deferred income	46,518	101,411
Procurement card (overdraft) 1	5,420	4,369
Procurement card (overdraft) 2	1,483	976
Accruals	77,605	166,780
Wages control	1,560	1,010
PAYE control account	91,094	172,791
	<u>274,799</u>	<u>515,066</u>

Deferred income

Deferred income at the year end consists of the following:

- €26,520 from Fora Member Training
- €20,000 from Peer Recovery SE Deferred for January to December 2024

Notes to the Financial Statements

13. NET CASH FLOWS FROM OPERATING ACTIVITIES

	2023	2022
	€	€
Surplus for the financial year	187,866	704,406
Depreciation on tangible assets	18,588	10,063
Decrease in debtors	204,963	(560,102)
Increase/ (Decrease) in creditors due within one year	(185,374)	233,443
Increase/ (Decrease) in deferred income	(54,893)	(1,062,426)
	<u> </u>	<u> </u>
Net cash inflow from operating activities	171,150	(674,616)
	<u> </u>	<u> </u>

14. EVENTS AFTER THE END OF THE FINANCIAL YEAR

There were no post reporting date events which require disclosure.

15. DESIGNATED FUNDS

	1 Jan 2023	Income	Expenditure	Transfer from Unrestricted	31 Dec 2023
	€	€	€	€	€
Tony Leahy Scholarship Fund	90,289	-	(49,585)	-	40,704
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	90,289	-	(49,585)	-	40,704
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Designated Funds previous year

	1 Jan 2022	Income	Expenditure	Transfer from Unrestricted	31 Dec 2022
	€	€	€	€	€
Tony Leahy Scholarship Fund	121,909	-	(86,619)	55,000	90,289
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	121,909	-	(86,619)	55,000	90,289
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

16. RESTRICTED FUNDS

	€	€	€	€	€
Project					
MindSpace Mayo	183,722	600,675	(366,667)	-	417,730
Gateway Project	89,407	241,167	(223,671)	-	106,903
Ennis MHA	133	8,271	(8,404)	-	-
West Clare MHA - Lighthouse Project	20	21,377	(21,360)	-	37
Nat Forensic Garden Restoration	130,405	-	-	-	130,405
Int. Exercise Practitioners Wexford	49	95,753	(53,062)	-	42,740
Mental Health Engagement and Recovery (previously ARI)	40,422	200,112	(131,667)	-	108,867
Service Improvement Fund	107,644	137,082	(146,545)	-	98,181
Peer Recovery National Forensic MHS	2,954	45,893	(48,794)	-	53
Peer Recovery SE CHO5 Suicide Prevention Programme CHO6	23,981	50,152	(71,724)	-	2,409
Peer Recovery West CHO2 (ex. MMHS)	-	40,000	(38,518)	-	1,482
Peer Recovery CHO6 (Dublin CHO2 (ex. MMHS)	23,246	153,841	(150,048)	-	27,039
Peer Recovery CHO6 (Dublin East)	27,039	246,134	(173,297)	-	99,876
Peer Recovery CHO7 (Dub/Kil/Wick)	21,222	123,326	(118,009)	-	26,539
Peer Recovery CHO8 (Midlands)	8,634	25,400	(27,852)	-	6,182
Family Peer Support CHO2 (Bealach Nua)	9,453	242,545	(236,049)	-	15,949
Family Peer Support CHO2 (Gal/Mayo/Ros)	29,422	(29,422)	-	-	-
Peer Recovery CHO9 (Dublin North)	174,237	139,801	(110,120)	-	203,918
Recovery Education Facilitators (National)	19,624	-	-	-	19,624
Community Café CHO2	107,764	564,146	(558,740)	-	113,170
Roscommon Svs User Rep CHO2	219,545	192,843	(172,240)	-	240,148
Department of Health/HSE Farmers Partnership	1,386	18,991	(18,139)	-	2,238
EU Project	571	-	-	-	571
ESTHER Funding	23,241	25,189	(35,669)	-	12,761
Social Inclusion (Refugees)	7,200	(7,200)	-	-	-
	-	120,000	-	-	120,000
Total	<u>1,558,145</u>	<u>3,106,666</u>	<u>(2,729,126)</u>	-	<u>1,935,685</u>

Notes to the Financial Statements

Restricted Funds Previous year

	1 Jan 2022	Income	Expenditure	Transfer Unrestricted	31 Dec 2022
	€	€	€	€	€
Project					
Mindspace Mayo	183,722	600,675	(366,667)	-	417,730
Gateway Project	89,407	241,167	(223,671)	-	106,903
Ennis MHA	133	8,271	(8,404)	-	-
West Clare MHA - Lighthouse Project	20	21,377	(21,360)	-	37
Nat Forensic Garden Restoration	130,405	-	-	-	130,405
Int. Exercise Practitioners Wexford	49	95,753	(53,062)	-	42,740
Mental Health Engagement and Recovery (previously ARI)	40,422	200,112	(131,667)	-	108,867
Service Improvement Fund	107,644	137,082	(146,545)	-	98,181
Peer Recovery National Forensic MHS	2,954	45,893	(48,794)	-	53
Peer Recovery SE CHO5	23,981	50,152	(71,724)	-	2,409
Suicide Prevention Programme CHO6	-	40,000	(38,518)	-	1,482
Peer Recovery West CHO2 (ex. MMHS)	23,246	153,841	(150,048)	-	27,039
Peer Recovery CHO6 (Dublin East)	6,551	120,841	(106,170)	-	21,222
Peer Recovery CHO7 (Dub/Kil/Wick)	2,841	49,174	(43,354)	-	8,634
Peer Recovery CHO8 (Midlands)	2,170	235,765	(228,482)	-	9,453
Family Peer Support CHO2 (Bealach Nua)	13,356	42,054	(25,989)	-	29,421
Family Peer Support CHO2 (Gal/Mayo/Ros)	-	282,919	(108,682)	-	174,237
Peer Recovery CHO9 (Dublin North)	19,624	-	-	-	19,624
Recovery Education Facilitators (National)	152,140	573,003	(617,379)	-	107,764
Community Café CHO2	-	358,808	(139,263)	-	219,545
Roscommon Svs User Rep CHO2	1,017	16,647	(16,278)	-	1,386
Department of Health/HSE	-	1,475,000	(1,474,429)	-	571
Farmers Partnership EU Project	-	25,189	(1,948)	-	23,241
ESTHER Funding	7,200	-	-	-	7,200
Social Inclusion (Refugees)	137	-	(137)	-	-
Total	806,992	4,773,721	4,022,568	-	1,558,145

17. UNRESTRICTED FUNDS CURRENT YEAR

	1 Jan 2023	Income	Expenditure /Transfer	31 Dec 2023
	€	€	€	€
Unrestricted funds	709,203	2,184,930	(2,325,016)	569,117
Total unrestricted funds	709,203	2,184,930	(2,325,016)	569,117
Unrestricted Funds previous year	1 Jan 2022	Income	Expenditure /Transfer	31 Dec 2022
	€	€	€	€
Unrestricted funds	724,691	2,344,126	(2,359,614)	709,203
Total unrestricted funds	724,691	2,344,126	(2,359,614)	709,203

18. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023	2022
	€	€
Within one year	52,317	52,317
Between one and five years	52,317	104,634
Over five years	-	-

With effect from 1 September 2020, MHI entered into a lease for 2nd Floor, Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin. The length of the lease is for a period of 10 years with a break clause after 5 years. The above figures represent the operating lease commitments up to the break clause date.

Notes to the Financial Statements

19. RECONCILIATION OF CAPITAL AND RESERVES

	2023	2022
	€	€
At the beginning of the year	2,357,637	1,653,591
Surplus for the year	187,869	704,046
	<u> </u>	<u> </u>
Closing reserves	<u>2,545,506</u>	<u>2,357,637</u>

20. ANALYSIS OF CHANGES IN NET CASH

	At 01/01/2023	Cashflows	At 31/12/2023
	€	€	€
Cash	<u>2,019,066</u>	<u>145,570</u>	<u>2,164,634</u>

21. RELATED PARTY TRANSACTIONS

Mental Health Ireland supports a number of local Mental Health Associations across Ireland. Those Mental Health Associations who completed a Memorandum of Understanding process were authorised to use Mental Health Ireland's Charity No. 5594 until 30 June 2019. Since that date, Mental Health Associations have been required to register directly with the Charities Regulator to obtain their own Charity Number. Mental Health Ireland provide support and guidance to all MHAs who are registered members of Mental Health Ireland.

22. APPROVAL OF FINANCIAL STATEMENTS

The board of directors approved these financial statements and authorised them for issue on 22nd March 2024.



**Mental Health
Ireland**

MENTAL HEALTH IRELAND

Promoting Mental Health, Wellbeing and Recovery.

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