



Mental Health
Ireland

Annual Report 2022

Promoting Mental Health, Wellbeing and Recovery

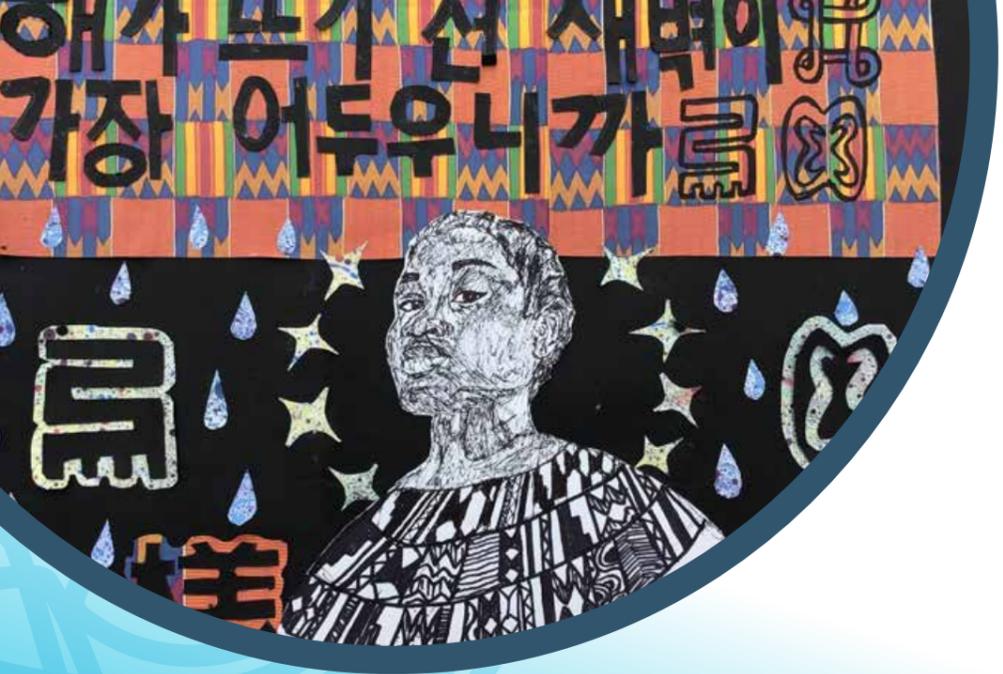
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We are honoured to feature the winning pieces from Mental Health Ireland's Creative Competition throughout the 2022 Annual Report.



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Chairperson's Address



Hugh Kane, Chairperson

After two intense years of working through the pandemic, 2022 was a year of hope and re-emergence. As the public health restrictions abated, our staff and Volunteers took the opportunity to reengage in-person and to reenergise our vibrant network of community connections and partnerships.

In April 2022, Minister for Mental Health and Older People Mary Butler TD, launched our strategy 'Mental Health for All - Hope, Strength and Action' which set the course for the next three years. This Strategy was developed through a highly engaged process of coproduction and reflects the views of volunteers from all over Ireland, our Board, staff members, partners in mental health promotion and recovery while 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. During 2022, we have been very pleased to see how these themes have resonated with Mental Health Associations and volunteers through programmes and projects right across the country.

Early in 2022, Mental Health Ireland was asked by the Department of Health and the Health Service Executive to allocate €1.5m in grants to local community and voluntary organisations working to progress policy goals from 'Sharing the Vision' and 'Connecting for Life'. Over 80 grants of between €5,000 to €30,000 were allocated to registered charities working at a community level.

This proved to be a huge task and required the co-ordinated efforts and expertise of many of our workstreams in Finance, Evaluation, Communications. The impact of grants has been

very positive and effectively illustrated the important role played by Volunteers within communities.

Having been introduced in County Carlow and replicated in Counties Meath, Westmeath and Mayo the 'Hello, How Are You?' campaign went nationwide for the first time in April 2022. This initiative invites everyone to take a moment to connect with friends, family, colleagues and neighbours in a genuine way. The public response was amazing with new partnerships emerging across a wide array of community and voluntary agencies, fellow NGOs and corporate partners.

2022 was a year of innovation with further 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 2022.

Mental Health Ireland strives to bring best practice into local communities through our work in Education, Training, eMental Health, Mental Health Promotion, Policy and Research and Recovery. We are open to new ideas and continually evaluate all our programmes. Our Deputy CEO, Catherine Brogan was elected as the President of Mental Health Europe. Through our international links with Mental Health Europe, Ireland has been recognised for its leadership in inclusion and coproduction.

In October 2022, Mental Health Ireland hosted the European Leadership Exchange for the International Initiative for Mental Health Leadership. Over 200 mental health leaders from across Europe came to Dublin for a leadership event that was synchronised

with colleagues in Christchurch, New Zealand and Washington DC. Delegates were invited to learn and share their own experiences so that novel and effective programmes could be exchanged and introduced to local communities on a global scale.

World Mental Health Day in 2022 extended across the entire month of October. Volunteers from local Mental Health Associations organised and hosted a variety of educational, cultural, networking and social events. Our Education, Training & e-Mental Health Team developed 'Wellness Works' a comprehensive new resource promoting mental health in the workplace. An Tánaiste and Minister for Enterprise at that time, Leo Varadkar, endorsed this new programme which was supported by an impressive webinar and training package.

2022 was not without its challenges, the outbreak of war in Ukraine caused terror, hurt and loss. Millions of people were displaced from their homes and over 50,000 refugees sought shelter and safety in Ireland. The huge rise in inflation and energy costs made it difficult for donors to be as generous as before and fundraising became a real challenge for all charities. Mental Health Ireland responded promptly by creating a dedicated Fundraising Manager post to meet this challenge.

As Chairperson, I have had the great honour of working with an exemplary Board of Directors who volunteer their time and talents to guide the organisation. I would also like to acknowledge our staff and volunteers for their creativity, energy and enthusiasm.

Thank you.

Hugh Kane

Chairperson, Board of Directors

Mental Health Ireland

CEO'S Statement



Martin Rogan, CEO

2022 was another busy year as we launched our new Strategy and reconnected with communities as we collectively overcame the pandemic. The two previous years were hugely challenging and required a fundamental reimagining of our work at Mental Health Ireland. Despite the unprecedented challenges associated with Covid-19 and the vital public health measures, our organisation continued to grow to respond to many mental health challenges and needs during 2022.

We welcomed a number of new team members to Mental Health Ireland as we extended our capacity and skillsets in Mental Health Promotion, Policy and Research, Recovery Education, Education, Training and eMental Health, Communications, Woodlands and Nature Based programmes, and Fundraising, as well as in a number of peer-led programmes. These developments were made possible through the support of the Health Service Executive at a National and CHO level and through co-funding partnerships with agencies like Coillte, Get Ireland Walking and Fingal County Council.

Our new Strategy 'Mental Health for All - Hope, Strength and Action' focuses our efforts so that all our work is developed through coproduction, is evidence based and fully evaluated. Our Strategy is supported by all work plans and a suite of indicators so that we can stay on course and stay in lane.

Major events like the Hello, How Are You? campaign, World Mental Health Day and our online webinars have helped to raise Mental Health Ireland's profile and we have become more active in shaping public policy in mental health promotion and recovery.

When we hosted the European Leadership Exchange in October 2022, we welcomed An Taoiseach Michael Martin, Minister Mary Butler, Minister Anne Rabbitte, Senator Eileen Flynn, MEP Maria Walsh and New Zealand's Prime

Minister Jacinda Ardern. This event was also a platform for deepening our understanding of the needs of young people, members of the Traveller Community, migrants and the mental health impact of climate change.

Mental Health Ireland has grown its staff with over 60 people with lived experience now working in recovery education, community connection, peer-provision and recovery-based initiatives. We insist on coproduction across all aspects of our work and this approach has now been adopted by our international colleagues across Europe.

As a national voluntary organisation, we bring new international thinking and best practice to local communities across Ireland. We share new insights and implement programmes which can be sustained and make a real difference to peoples' lives. Our Woodlands and Nature based programmes are now available in every county and form the basis of many social prescribing programmes for people using mental health services.

We also have strong partnerships with academic partners and our Tony Leahy Scholarship Programme eases the financial barriers to further education for eligible applicants. We work closely with colleagues in the mental health services and introduced the Mental Health Ireland Kevin Plunkett Awards to recognise and encourage innovation amongst mental health nurses.

At its heart, Mental Health Ireland is a voluntary organisation, and it simply would not be possible to have such an impact without the generosity of ordinary people doing extraordinary things. So many people donate their talents, time and expertise as Board Members, Mental Health Association members, project partners contributing to mental health in their own communities.

I would like to thank all of our Head Office

team for their diligent work throughout 2022 and also our hardworking team of Development Officers who play a vital role in co-ordinating so many initiatives. During 2022, we created a new role in Volunteer Engagement and a new Volunteer Strategy was coproduced for publication early in 2023.

Mental Health Ireland is a busy and dynamic organisation, ready for new undertakings and confident about the future. We really appreciate your role in making Ireland a happier, healthier place where we can all belong, recover and thrive.

Martin Rogan

Chief Executive Officer

Mental Health Ireland



2022 at a Glance



359 mental health training sessions delivered



26k attendees at 'Hello, How Are You?' Events



10,676 new social media followers



7,334 attendees at mental health training sessions



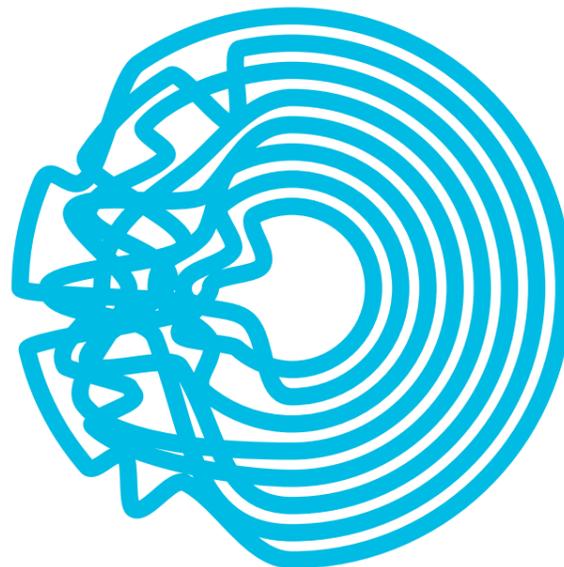
230 delegates at the European Leadership IIMHL conference in Dublin



15,204 visits/downloads of new digital resources



174,851 new website users




41 new HQ staff



4 third level certificate courses supporting the promotion of mental health, recovery and peer support working



61 Recovery Education staff members



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

About Mental Health Ireland

Mental Health Ireland is the longest established 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.

“For the first time ever,
I didn't feel alone.”

(Participants of the Mental Health and Family Caring programme in partnership with Mental Health Ireland and Family Carers Ireland)

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.

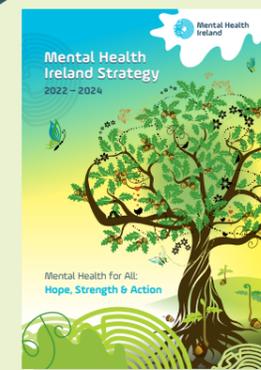
VISION (2022-2024)

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 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
5. Building sustainability and organisational capacity

See 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, Deputy CEO, Chief Operations Officer, Finance, Communications, Fundraising, Mental Health Promotion, Education, Training, & e-Mental Health, Human Resources, and Administration team members are based. In 2022, we introduced a number of new dedicated roles and members to the team – Georgina Lawless is now leading the Fundraising, Volunteer and Engagement Team and Niamh Ní Chonghaile took up the role as National Woodlands and Nature Project Lead. We also welcomed Maria Walsh-Healy to the team as our new Operations Manager and Aisling O’Gorman in Communications. In 2022, our Training, Education and e-mental health team grew under the leadership of Sonia Rennicks.

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 very closely with the HSE and the Office of Mental Health Engagement and Recovery.

We have 10 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. In May 2022, two new DOs joined the team to serve counties Galway and Cavan/Monaghan - Aine Hurley and Kim Doherty.



OUR PARTNERS

We work and collaborate 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 Mental Health Europe and currently hold the presidency of the latter, with our Deputy CEO Catherine Brogan in this role.

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;

- People from the local community
- People with lived experience of mental health challenges
- Family members/carers and professionals working in the mental health area

Having this representation in the MHA allows 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
- Supporting and promoting mental health awareness in communities to working alongside their local Development Officer in the delivery of MHI Workshops on Mental Health & Wellbeing
- Involvement in recovery initiatives such as peer-led day services, Recovery Colleges, Recovery Fairs
- Fundraising and accessing grants to support new initiatives





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*.

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



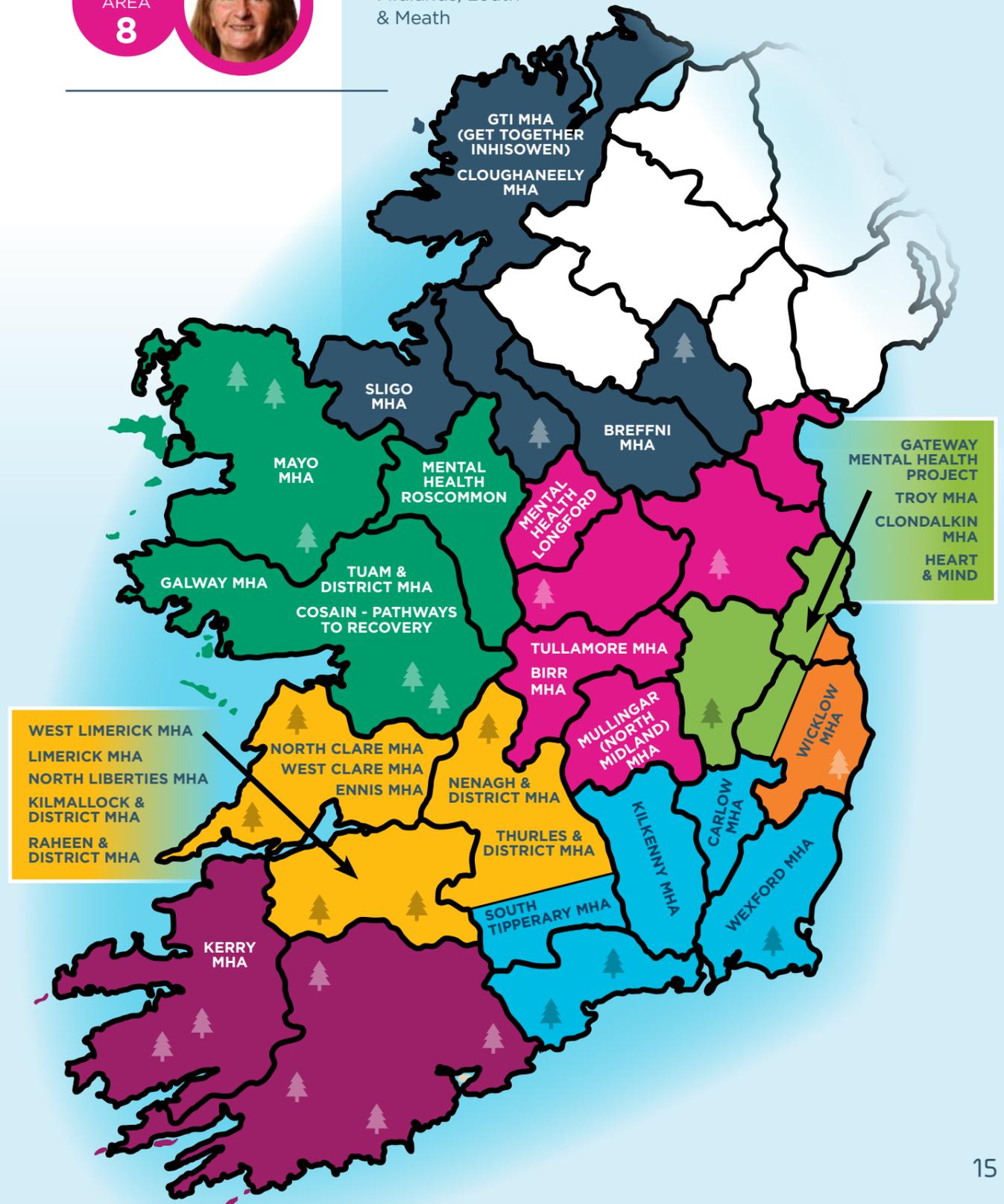
CHO AREAS 7&9

Caroline Brogan
 North Dublin, Kildare & West Wicklow



CHO AREA 8

Finola Colgan
 Midlands, Louth & Meath



The expansive work of our Development Officers 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.

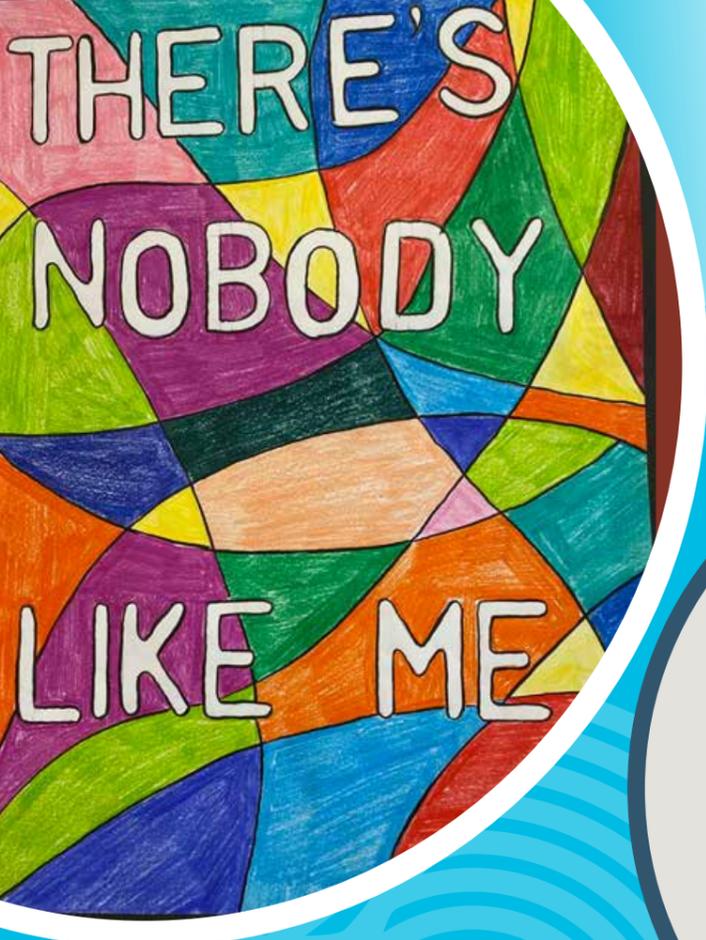
Working with the Regional Suicide Prevention Officers and supporting the delivery of many accredited training programmes.

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

Explore some of the diverse activity of our Development Officers and Mental Health Associations in the pull-out spread.







Key Activities and Impact in 2022

“I had a conversation with an elderly man. He opened up about his wife’s challenges with anxiety and depression and how this has impacted both their lives and changes his. He finds it hard to chat to his friends as he feels like they can’t relate or understand and said “I feel lifted” about chatting his struggles with a stranger.”

(Hello, How Are You? participant)

Key Activities and Impact in 2022

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*. You can read more about our performance and achievements in the Director’s Report on page 40.

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.

LEADERS IN MENTAL HEALTH PROMOTION

In 2022, Mental Health Ireland lent its expertise in mental health promotion to the national HSE mental health promotion plan ‘Stronger Together’ as an implementation partner. This plan will advance key policy recommendations in Slaintecare, Health Ireland and Sharing the Vision. In 2020, we partnered with the University of Galway to support the development of an innovative Post Graduate Certificate in Mental Health Promotion. This partnership continued to go from strength to strength in 2022 with 25 new Graduates completing this course and embarking on a potential new career in the field of mental health promotion.

Campaigns, Programmes and Initiatives

HELLO, HOW ARE YOU?

On April 7th 2022, Mental Health Ireland introduced the first national coproduced 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? took place 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 Hello, How Are You? events included Family Resource Centres, Mental Health Associations, ETBs, universities and primary schools, youth groups, parental groups, voluntary community groups, sport groups and GAA clubs, MABS, libraires, traveller groups,



HSE and day centres, intellectual disability services, LGBTQI+ groups, 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. We look forward to growing the campaign to reach even more communities with a simple question promoting connection and conversations, 'Hello, How Are You?'



WORLD MENTAL HEALTH MONTH

This October...

Get involved in Mental Health Ireland's World Mental Health Month programme. Check out how you can raise awareness and funds for World Mental Health Month.

National Webinar
Friday October 21st, 10am-1pm
Theme: Mental Health in the Workplace
This half day online event, aimed at leadership within workplaces, will explore organisational approaches to protecting and sustaining mental health in the workplace setting. Make sure to register online: www.WorldMentalHealthMonth-mhi.ie

5 Ways to Fundraise
We have 5 creative ways to get involved in support of Mental Health Ireland.
CONNECT: Connect Café
TAKE NOTICE: When I give up my Friday Afternoon
BE ACTIVE: In your sleep - swim, run, walk, cycle
KEEP LEARNING: Sponsored meeting / presentation / DVD / Book / etc.

5 Ways to Wellbeing Workshops
A timetable of workshops both face-to-face and virtual is available on the website. These workshops are 2 hours long. Make sure to register.

Merchandise
World Mental Health Month Merchandise Packs are available to buy from our online shop: www.WorldMentalHealthMonth-mhi.ie/shop

What's Happening in My Area
A calendar of events in your area can be registered and advertised through our website.

Check out our fully resourced website for more details: www.WorldMentalHealthMonth-mhi.ie

For more information, to get involved or to fundraise visit the QR code. If you want more information, please contact: info@worldmentalhealthmonth-mhi.ie

October 10th marks World Mental Health Day, giving the opportunity to raise awareness about global mental health issues and creates the opportunity for people to call for action and advocate for change in mental health. In 2022, Mental Health Ireland chose to extend the campaign and theme, 'Mental Health & Wellbeing for all a Global Priority,' to the whole month of October, working in coproduction to launch a World Mental Health Month programme



that ensures mental health and wellbeing becomes a priority across the country. Mental Health Ireland rolled out a programme of activities and events across the month of October including training and workshops in the community and the workplace, a national webinar and launch of a new resource 'Wellness Works,' fundraising events and a wellbeing festival in partnership with Blanchardstown Centre, and the international IIMHL Conference in county Dublin.



'WOODLANDS FOR HEALTH' NATURE PROGRAMME



In 2022, we welcomed Niamh Ní Chonghaile to our team as the new National Woodlands and Nature Based Project Officer in partnership with Mental Health Ireland, Get Ireland Walking and Coillte. Woodlands for Health is a 12-week woodland-based guided walking programme for adults availing of mental health services and supports in Ireland. It's an accessible and sustainable way to engage with nature, as part of a toolkit for supporting mental health and wellbeing. During 2022, our Woodlands for Health project continued to grow to most counties in Ireland, with new digital resources, evidence base and plans for future development.



See www.mentalhealthireland.ie/woodlandsforhealth

IIMHL - 'VALUING INCLUSION, RESILIENCE AND GROWTH'



As Mental Health Month came to a close in October, leaders and groups in mental health and disability travelled to Dublin for the European platform of the International Initiative for Mental Health Leadership Exchange (IIMHL). Martin Rogan, Mental Health Ireland's CEO and Vice Chair of the *International Initiative for Mental Health Leadership* and Deputy CEO, Catherine Brogan and President of Mental Health Europe, along with our partners in the HSE and overseas invited delegates from all over Europe to celebrate the theme 'Valuing Inclusion, Resilience and Growth' with a focus on young people.



THRIVE



Thrive is an initiative that is led by local people and supported by Mental Health Ireland. It's a community-led movement to build an understanding and awareness of mental health and wellbeing within our homes, workplaces, schools and society. Mental Health Ireland is working with the community of Balbriggan in North County Dublin to grow and enhance the initiative. In 2022, the Thrive Balbriggan coproduction group continued to lead the way and together, Fingal County Council and Mental health Ireland have funded a two-year Action Researcher Officer post to continue to build and explore the evidence that underpins the many positive impacts of Thrive and the potential to expand the initiative to other communities in Ireland.



Education, Training and eMental Health Programmes

In 2022, our Education and Training in eMental Health team expanded to meet the growing need for accessible, coproduced and high-quality resources, workshops and support within the community and workplace with a diverse range of partners and collaborators including An Garda Síochána, Special Olympics Ireland, Family Carers Ireland, Men’s Sheds, National Council for the Blind of Ireland and the Royal College of Surgeons in Ireland.

“I thought the whole thing was honestly one of the most impactful trainings I’ve received – I think I needed something like WRAP and just didn’t know it.”

(WRAP (Wellness Recovery Action Plan) participant)

Mental Health Ireland branded and coproduced training programmes:

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

	2021	2022
Total Number of Mental Health Training Sessions delivered	276	359
Total Number of Hours Mental Health Training Sessions delivered	479	940
Total Number of Attendees at Mental Health Training Sessions	5,230	7334

NEW WEB RESOURCES	2022 Visits / Downloads
World Mental Health Month website	9,567
Hello, How Are You? Website	1,817
Wellness Works Framework	2,500
Winter Wellness Campaign Webpage	1,320

WELLNESS WORKS



“What my main take away from this webinar was the need to make employers understand that workplace wellbeing is an investment, not a cost.”

(Audience member of the Wellness Works webinar in October)

During World Mental Health Month, nearly 750 people tuned into the webinar ‘**Mental Health in a New Working World: All the tools you need to Lead**’ that launched the new resource, ‘**Wellness Works - Your Framework for Progressing Mental Health in Your Workplace**’. Mental Health Ireland coproduced the new **Workplace Framework** to help guide and equip employers and staff with the tools to understand and manage mental health challenges in the workplace. The resource is freely available, and training can be provided by Mental Health Ireland to encourage managers, employees and business leaders learn how to create a positive working environment and support employees who are facing mental health challenges. It brings together the latest evidence and best practice in workplace mental health and includes updates on the current status of mental health in the workplace, legal considerations, mental

health as a health and safety consideration, workplace mental health policies, identifying risks and remedies. **Sonia Rennicks**, Head of Education, Training & eMental Health with Mental Health Ireland said:

“Using the Framework to develop a workplace mental health policy will support management to understand the scope of their own responsibilities in relation to employee mental health. Having clear boundaries like this can increase managers’ confidence, improve communications with employees who may be experiencing a mental health challenge, and ultimately protect all parties.”

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. In 2022, Mental Health Ireland continued our commitment to coproduction and shared our learnings of coproduction at home and internationally including the Simulated Learning Centre in the Royal College of Surgeons Ireland and for Mental Health Europe in Brussels.

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

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

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. The programme will now be delivered to Team Ireland athletes who will represent the nation in the 2023 Special Olympics World Summer Games in Berlin, Germany in June 2023.



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

EVOLVING THROUGH RECOVERY AND COPRODUCTION



Mental Health Ireland is the leading employer of people working in recovery education and peer led community services across the country and continue to embrace and evolve through working in coproduction. In 2022, we continued to work closely with the HSE and the Office of Mental Health Engagement and Recovery to create new progressive roles and programmes such as the **Galway Community Café** and opportunities for Recovery Educators, Peers and people with lived experience.

PARTNERSHIP WORK

Mental Health Ireland continues to collaborate, evolve and share with a growing network of partners such as INAR (Irish Network Against Racism) Mental Health Reform, Green Ribbon, Irish Charities Institute, Family Carers Ireland, The Wheel, First Fortnight and on an international platform with Mental Health Europe and the International Initiative for Mental Health Leadership.

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.

PROMOTING INCLUSION THROUGH OUR PARTNERSHIPS

In 2022, 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



CREATIVITY FOR WELLBEING WORKBOOK

Mental Health Ireland teamed up with Peer Educators, Development Officers, Kingstown College and a professional artist with lived experience to create a self-directed training resource people can use to self-coach, goal set and self-care. There was much interest in the book during 2022, from diverse groups including youth services and community groups, corporates, universities, prisons and addiction services.



"It is a beautiful book, full of colour and optimism. There is nice explanation at beginning of each chapter. I like the short quotations that encourage reflection."

(Feedback on the Creativity for Wellbeing Workbook)

SUPPORTING OPPORTUNITIES AND INNOVATION

In 2022, there were 73 recipients of the Tony Leahy Bursary, an increase on 2021. 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). In April 2022, the Mental Health Ireland Kevin Plunkett Awards was made open to Registered Mental Health Nurses introducing new innovative ideas with the first successful eight successful recipients blazing the trail.

"The Tony Leahy fund helped me to change direction completely in life. I was able to go back to college and do something that means a lot to me. Now I get to work using my own experiences of mental health and what I learned on the course to help other people."

(Recipient of the Tony Leahy Bursary)

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.

KNOWLEDGE SHARING AND LEARNING

In December 2022, our Communications Manager **Carmen Bryce** again joined the panel of judges for the Headline Mental Health Media Awards – an event that recognises excellence in accurate and ethical media coverage of mental health, raises greater public awareness of mental health and celebrates work that puts the voice of lived experience at the heart of the story. Carmen said, “What struck me about the 2022 finalists was the recognition across the board that it’s the job of the journalist to simply carry the story to an audience, not to create or even tell the story. This belongs to the person at the heart of the story. The power of good journalism lies in respecting this approach from the outset and giving it the space it needs to build trust and carry the story to the audience in the right way.”

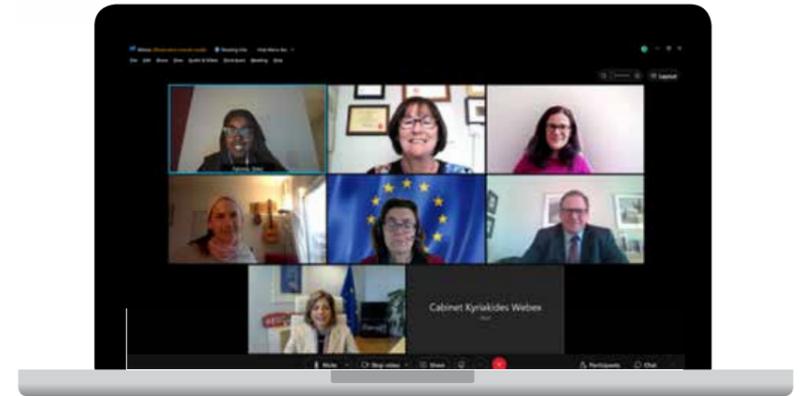


PPI

Continuing our commitment to coproduction and building evidence-based knowledge, a Person and Public Involvement (PPI) Research Officer joined our team in partnership with the HSE and Health Research Board and a plan established to evolve the programme, raise awareness and involve the voice of lived experience in research.

MENTAL HEALTH EUROPE

Throughout 2022, our Deputy CEO Catherine Brogan continued her leadership as President of Mental Health Europe with the launch of its three-year coproduced Strategic Plan ‘If Not Now When’ that lay out priorities for change that promotes a human rights-based and person-centred approach to mental health and advocates for accessible, high-quality, recovery-oriented mental health services in the community.



REACH AND ENGAGEMENT

A part of our Strategic Plan is our commitment to ensuring that the work of Mental Health Ireland is representative and inclusive of and accessible to the society we live in.

Therefore, 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.

Channel	2022	2021
Mental Health Ireland web traffic	174,851 users 410,762 page views	161,629 users 409,363 page views
Social Media	10.6k total increase	6.73k total increase
Twitter Followers	26k (+1.9k)	24.1k (+2.2k)
Facebook	26.58k (+3k)	23.58k (+1.93k)
Instagram	12.94k (+1.5k)	11.6k (+2.6k)
You Tube	33,516 views	33.6k views
Linkedin	13.89k (+4.2k)	9.94k

Mental Health Ireland in the Media

Throughout 2022, 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.



Malread Daly, West Limerick Mental Health Association, Myra O'Brien, West Limerick PHCI, Treasa Sheahan, West Limerick Resources, Minister Patrick O'Donovan, TD, Councillor Jerome Scanlan, Councillor Tom Ruddle, Cora Mullane, WLMA, Denis Casey, WLMA, Frank Flynn, WLMA and Claire Flynn, Mental Health Ireland, at the One Million Stars Launch at Desmond Castle in Newcastle West last Friday night.



Midlands Prison facilitated 'Creativity for Wellbeing' workshops delivered by Mental Health Ireland for prisoners and prison staff to coincide with World Mental Health month.

Midlands Prison also promoted mental health well-being in partnership with Laois Local Live Performance Scheme where some local musicians performed live music in the prisons Work Training Unit during this week.

Social media personality talks about his mental health journey

MAYO Mental Health Association has hosted a very successful seminar at Ballina Arts Centre.

The event showcased a variety of mental health services available to the community of Ballina and surrounding north Mayo areas.

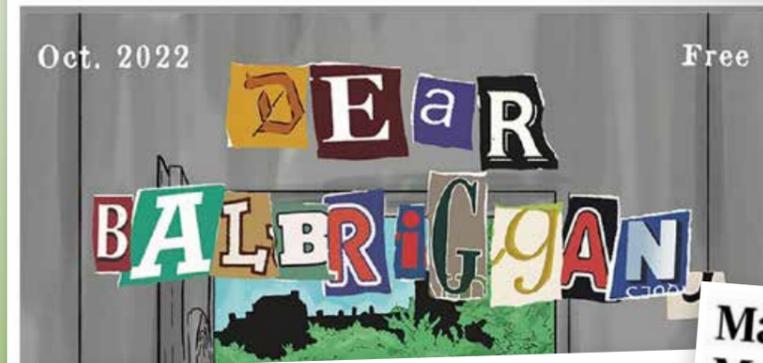
Speakers included Jenna Walsh, mental health promotion officer for Mayo Mental Health Association, Louise Burke, on behalf of the Ballina Family Resource Centre, and Fran MacKeever, family peer support worker for Bealach Nua.

Special guest Rory O'Connor, of Rory's Stories, spoke about his own mental health journey and the importance of looking after your mental health, while giving the audience a few laughs along the way.



'Dear Balbriggan' - local creative's touching love letter to his home town!

Written by Rose Barrett | 25/11/2022



Tackling stigma of mental health among priorities

MULLINGAR Soroptimists have long been to the forefront in tackling mental health problems and the stigma surrounding suicide, and have won international awards for their endeavours.

They have partnered with the Mental Health Association to create awareness and reach out to those in need of support.

Aware of the stigma attached to mental health, the Soroptimists organise events to attract women without mentioning mental health. They held a beauty morning in the Annebrook House Hotel and invited various cohorts of women.

Anne Melly, president of Mullingar Soroptimists, said that there was no stigma

attached to attending a Soroptimists' beauty morning, but there were professionals on hand to

national executive.

During her term as national president, the organisation had an "extraordinary event" in Bloomfield House Hotel to celebrate the 50th anniversary of the North South Soroptimist Annual Conference.

Sabina Higgins, wife of President of Ireland, Michael D. Higgins, and Mary Harney, former leader of the Progressive Democrats, were among the guests from around the world.



Macra is to deliver pilot Mental Health programme

OVER the coming months, Macra, through its mental health programme 'Make The Moove', will deliver tailored specific training to students in agricultural colleges across the country.

The training is funded by Mental Health Ireland and supported and facilitated by Teagasc, and will run on a pilot basis between now and Christmas.

"This training programme

has been developed in conjunction with Mental Health Ireland and informed by the issues identified by young people as affecting their mental wellbeing," said John Keane Macra National President.

their mental wellbeing.

"We hope to deliver this pilot training programme to around 150 students over three separate sessions before the end of November," said Mr Keane.

"We have also planned over the next number of months to expand the programme, to develop specific training programmes for older age groups working in and supporting agriculture.

"It is important that this topic is highlighted and spoken about in rural communities across the country."

Wicklow GAA initiative reminds people support at various times in our lives'



Adam Byrne (HSE), Lorraine Dunne (Wicklow Sports Partnership), Caroline Brogan (Mental Health Ireland), Noeleen Wills (Mental Health Ireland), Denise O'Shea (Wicklow Sports Partnership) and David Murray (Chairperson Wicklow GAA Health & Wellbeing Committee) at the launch of the GAA Health & Wellbeing Boards initiative, which took place in Ballinakill.



Grace Brady (14) from Belturbet took on the Caidroer Challenge for Mental Health Ireland.

Taking the plunge for mental health

A Cavan woman has spoken about how proud she is of her daughter who raised money for charity by plunging into cold water every day for the month of October.



PRIORITY AREA 5

Build Sustainability and Organisational Capacity

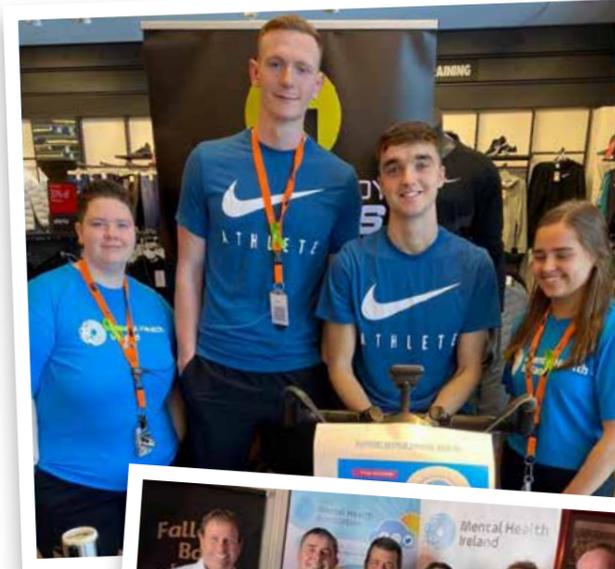
The external environment in which we operate has an increasing focus on sustainability and the need for the highest possible standards and transparency in our work. Mental Health Ireland will continue to improve its governance, processes, and systems to ensure a future proofed, ethical and environmentally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

Fundraising

After segmenting a purpose built workstream to focus on fundraising we began to work on plans to improve community fundraising and corporate engagement with the common goal of sustainability. We engaged with our first corporate sponsor Blanchardstown Shopping Centre for World Mental Health Month raising our biggest single donation of over €15,000.

While fundraising was down nationally and Facebook fatigue is being felt globally, we managed to match corporate fundraising with community fundraising equating to over €30,000 in October 2022. We engaged with more schools, groups, colleges and corporate organizations than ever before. We continue to try to digitise and streamline the fundraising function in efforts in being as sustainable as possible while still being accessible to all demographics.

2022 was a very difficult year in terms of fundraising activity, down 55% on the previous year due to the war in the Ukraine became the deserved focus of fundraising activity from March 2022 onwards. This focus, coupled with the increasing pressure on households from very significant increases in the cost of living, severely impacted on the general public's ability to donate to charitable causes. The Company is focusing its fundraising activity in 2023 on attracting corporate sponsors to partner with us on our health promotion initiatives. The plan is to lower the target for community fundraising with realistic aims in line with the economy and focus more on corporate engagement and partnerships.



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. Read more in the Director's Report on page 40.

Director's Report and Financial Statements

Directors Report and Audited Financial Statements
for the financial year ended 31 December 2022

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	Alma O'Brien
Directors	Pat Bracken Pauline Burke Kathleen Chada Ciara Gillespie Hugh Kane Eilish Kerrisk Ruairi Mulrean Colman Noctor Robert O'Connell Alma O'Brien Ann Sheridan Sushil Teji
Company Secretary	Alma O'Brien
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 2022

The Directors present their annual report and audited financial statements of the company for the financial year ended 31st December 2022.

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.

PURPOSE AND ACTIVITIES

Mental Health Ireland's aim is to promote and enhance mental health, wellbeing and recovery for all individuals and communities. We aim to support people with lived experience of mental health challenges and their supporters and family members in their recovery.

The Development Officers across the country link with the network of Mental Health Associations community groups, promoting mental health and supporting recovery in their communities.

New Strategy:

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

2021 was the final year of Mental Health Ireland's strategy '*Empowerment from Ideas to Action 2019-2021*'. In May 2021, work began on its successor strategy '*Mental Health for All, Hope, Strength and Action 2022-2024*'. Led by Catherine Brogan, Deputy CEO, a 22-member national co-production working group developed key priority areas to be implemented and a consultation process with volunteers, members, partners and funders was held to refine the final document. The Board approved the draft strategy in November 2021. Our new strategy was formally

launched by Minister for Older Persons and Mental Health, Mary Butler TD at our National Information Sharing and Networking meeting on April 21st 2022.

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

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

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

www.mentalhealthireland.ie/strategy

ACTIVITIES

- 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 and 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.

ACHIEVEMENTS AND PERFORMANCE

The following Achievements and Performance fall under the five Priority Areas outlined in Mental Health Ireland's Strategy **Mental Health for All, Hope, Strength and Action 2022-2024**.

PRIORITY AREA 1: Strengthening mental health promotion and the process of Recovery

The core business of Mental Health Ireland is promoting mental health and supporting recovery and this is reaffirmed in our first priority area. We will build on this work, creating opportunities for individuals, family and friends, communities and society to enhance and protect their mental health and increase their knowledge and understanding of recovery processes.

Campaigns, Programmes and Initiatives

Informed by the Ottawa Charter (1986) our methodology in promoting mental health and wellbeing is advanced through three modes; strengthening the individual; strengthening communities and reducing structural barriers. 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?

On April 7th 2022, Mental Health Ireland introduced the first national 'Hello, How Are You' campaign. Learning from the experience of Australian colleagues, **'Hello, How Are You'** was first introduced by Carlow Mental Health Association in 2015 and subsequently trialed in Counties Mayo, Roscommon, Meath and Westmeath before going national in 2022. This timely programme invites people to reach out, say Hello and genuinely ask a neighbour, work colleague or friend **'How are you?'** A diverse coproduction group worked hard to bring all the elements together including design, training, media and marketing and evaluation. The broad base of project partners made this project a great success with almost 220 events being run across the county on the day. Planning is already in place so that 'Hello, How Are You?' will return in Spring 2023.

Thrive

Thrive is an international movement that supports communities through engagement and activities that build and nurture our mental health and wellbeing. It is shaped and led by the community. Thrive was first introduced to Ireland by Mental Health Ireland in May 2021. Through a process of data collection and community engagements, Balbriggan in North County Dublin was chosen as the starting point for Thrive in Ireland. Thrive Balbriggan coproduction group consisting of people both living and working in the area alongside the support from the Mayor of Fingal, Fingal County Council and the HSE has run very successful campaigns in the town, delivered training in the community and started powerful conversations about mental health. Thrive has continued to grow in the community and is consistently building momentum and in December 2022 Fingal County Council together with Mental Health Ireland are funding a 2-year Action Researcher Officer post. This will build the strong evidence base to underpin Thrive and to begin its expansion into other areas in North Dublin.

World Mental Health Month

On October 10th **World Mental Health Day** was celebrated internationally. To mark this, Mental Health Ireland, developed a programme of activities and events across the month of October including workshops, a national webinar and fundraising events. Volunteers across our network of Mental Health Associations hosted a wide range of events including information session, social events, local projects and social media and video conferencing tools to mark the month and attracted a great deal of media coverage at a local and national level.

Over 160 events took place including the launch of Mental Health Ireland's new resource '**Wellness Works**' a 72-page resource promoting workplace mental health. This free resource pack was complimented by a webinar and dedicated webpage were developed in coproduction by our Education, Training and eMental Health Team. Mental Health Ireland also celebrated World Mental Health Month by hosting an international leadership meeting. See <https://worldmentalhealthmonth-mhi.ie/get-involved/national-wmhm-webinar>

Woodlands for Health nature programme

In February 2022, we extended our Mental Health Promotion Team with the appointment of our Woodlands and Nature Based Project Officer. This post is jointly funded by Mental Health Ireland, Get Ireland Walking and Coillte. During 2022, our Woodlands for Health project expanded to reach all but two counties in the Republic of Ireland, develop strong guidance for participation in the programme and developed a web presence.

HSE – Stronger Together

In April 2022, the HSE launched '**Stronger Together**' its mental health promotion plan. Mental Health Ireland is a named implementation partner with a special focus on the provision of workplace mental health guidance, training and community mobilisation initiatives, including social prescribing. Mental Health Ireland staff played an active role in the development of this plan and the CEO presented at its launch. Significant progress has been made in progressing the 27 actions during 2022. The Department of Health invited Mental Health Ireland's CEO to Chair the **National Mental Health Promotion Plan Oversight Group** which will bring an all of Government, all of society approach. The first meeting was held at the Department of Health on Sept 26th 2022. This plan will advance key policy recommendations in **Slaintecare, Health Ireland and Sharing the Vision** and will complement the work done by the HSE's **Stronger Together** plan.

NUIG

Mental Health Ireland's new strategy recognises our responsibility to contribute to the knowledge base and to foster the highest standards in mental health promotion. To this end in 2020, we partnered with the University of Galway to support the development of a Level 9 Post Graduate Course in Mental Health Promotion. In 2022 the third cohort of 25 Graduates completed this course and a fourth intake began in September 2022. This Course is internationally unique and aims to build a skilled workforce of practitioners to develop and deliver the next generation of high quality, evidence based and sustainable mental health promotion programmes.

Number of Graduates from the University of Galway / Mental Health Ireland Post Graduate Course in Mental Health Promotion in 2022	25
New intake for Academic Year 2022/2023	25

Implementing MindOut in Co. Mayo

MindOut is an evidenced based mental health promotion programme developed by the HSE which is delivered by teachers in post primary schools. In a major collaboration between Mayo Mental Health Association, Mindspace Mayo, HSE, Mental Health Ireland and University of Galway an enhanced implementation programme was piloted in Co Mayo. This evaluated programme saw further growth during 2022 with 10 new schools participating across Co. Mayo.

Education, Training and eMental Health Programmes

During 2022, our Education and Training in eMental Health met the growing demand from local communities, voluntary bodies and the commercial sector. Mental Health Ireland became leaders in the online space in the non- profit sector, not only coproducing our own successful online events but becoming the go-to partner for a broad range of other agencies. To respond to the growing training and education needs in 2022, we extended our Education, Training and eMental Health Team to 4 staff members.

Our entire suite of training resources have been developed through coproduction and during 2022 we continued to build upon and deepen our successful partnerships with a diverse range of partners including Special Olympics Ireland, Family Carers Ireland, Men's Sheds, National Council for the Blind of Ireland and the Royal College of Surgeons in Ireland.

From our work with Employers and the commercial sector we have developed an expertise in mental health in the workplace and our comprehensive new resource '**Wellness Works - Your Framework for Progressing Mental Health in Your Workplace**' was coproduced and launched during World Mental Health Month at a webinar.

In recognition of this capacity and practice, Mental Health Ireland is the named partner for workplace mental health promotion in the HSE's mental health promotion plan '**Stronger Together**' which was launched in April 2022.

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)

These workshops are available throughout Ireland and were facilitated by our Development Officer Team, people with lived experience of mental health challenges and QQI accredited trainers during 2022. These programmes have been designed to provide participants with the knowledge and understanding necessary to nurture and enhance mental health and wellbeing.

	2021	2022
Total Number of Mental Health Training Sessions delivered	276	359
Total Number of Hours Mental Health Training Sessions delivered	479	940
Total Number of Attendees at Mental Health Training Sessions	5,230	7,334

Webinars hosted by Mental Health Ireland in 2022	LIVE VIEWERS	RECORDINGS VIEWS
Mental Health in a New Working World - The Only Tools You Need to Lead (Launch of Workplace Toolkit)	440	300

NEW WEB RESOURCES	2022 Visits / Downloads
World Mental Health Month Website	9,567
Hello How Are You Website	1,817
Wellness Works Framework	2,500
Winter Wellness Campaign Webpage	1,320

Progress through Coproduction and Recovery

Mental Health Ireland built upon its close working relationship with the HSE's **Mental Health Engagement and Recovery Office** and created new opportunities for Recovery Educators, Peers and people with lived experience. The Peer Recovery team members continue to extend the reach of Recovery Education across Ireland. At the end of 2022, Mental Health Ireland had over 60 people employed with lived experience across the network of Recovery Education, Recovery Colleges, Family Peer Support Workers and Peer-led initiatives. We are immensely proud to see a number of these staff members moving forward in their careers to take up promotional roles within Mental Health Ireland, the HSE and other agencies.

During 2022 we extended the network of Recovery Colleges, Recovery Educators, Family Recovery Workers and Community Connectors who bring their lived and family experience to their work and illustrate the vital contribution people in Recovery can make. Progressive new programmes were developed in collaboration with the HSE's **Community Health Organisations** (CHOs). These included innovative models like the **Galway Community Café**. Our new strategy includes a primary objective to embed coproduction, which is an inclusive engagement which actively involves people with lived experience, family members and

project end-users in all aspects of our work – from the very outset. Our commitment is fully aligned to the **National Framework for Recovery** which describes coproduction as 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. Mental Health Ireland embraces this approach in all aspects of our work and it is a prerequisite for all programmes delivered in collaboration with partner agencies.

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 (CHO2), Family Peer Support Worker service (CHO2), 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 2022	Dec 2022	Dec 2021
Recovery Education Facilitators	30	34
Family Peer Support Workers	1	7
Community Café staff	4	7
Peer Educators	17	13
Recovery Education Manager / Coordinators	2	1
Total Number of Mental Health Ireland Posts in working in Recovery Roles	60	61

Sharing insights

For many years, mental health operated in a cloaked and siloed world, which tried to resolve issues discreetly within its own context. At Mental Health Ireland we are looking outwards and have engaged with a broad coalition of agencies and partners in both Ireland and overseas. Mental health needs to be more transparent, engaged and open to new influences, embracing new ideas and innovation. At Mental Health Ireland we want to form new alliances, share our message with the widest possible audience and mobilise an inclusive community of interest.

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.

Ireland has gained much from linking with international peers and recognises its responsibility in sharing insights and successful innovations. Martin Rogan, Mental Health Ireland's CEO is Vice Chair of the **International Initiative for Mental Health Leadership** and our Deputy CEO, Catherine Brogan is President of Mental Health Europe. We will remain alert to opportunity and will continue to collaborate within international colleagues into the future.

Valuing Inclusion, Resilience and Growth International Leadership Meeting

As a result of public health precautions relating to the pandemic, the International Initiative for Mental Health Leadership (www.iimhl.com) held its Leaders Exchange meeting across three sites, Christchurch, New Zealand, Washington USA and Dublin. Mental Health Ireland worked with the HSE, Department of Health, European partners and IIMHL to host a very successful Leadership Exchange on 26th and 27th October 2022.

An Taoiseach, Micheál Martin opened the event and other speakers included Jacinda Arden, Prime Minister of New Zealand, Ministers Anne Rabbitte TD, Mary Butler TD., Senator Eileen Flynn and MEP Maria Walsh. Over 230 delegates from all over Europe attended the Dublin event and the programme content was shared across each of the three sites with delegates in the USA and New Zealand.

The event brought together Mental Health and Disability leaders from across Europe under the theme of Valuing Inclusion, Resilience and Growth. The meeting placed a special emphasis on the experience of young people in Europe, the Traveller Community and full delegate participation as achieved through discussion, workshops, poster presentations, interactive art, live captioning, shared international content, a choice of parallel presentations, a bespoke App and web links. Evaluations and feedback was very positive and many new international links were formed over two days at the Clayton Hotel in Liffey Valley. Hosting this hugely successful event was a major undertaking for Mental Health Ireland as it was led and project managed by Catherine Brogan our Deputy CEO. See www.youtube.com/watch?v=l27luKodWyE&t=36s

PRIORITY AREA 2: Embedding coproduction

Coproduction is about sharing power and valuing all experience and expertise. Used well, coproduction has the potential to bring about profound change in how we understand mental health and recovery, and what is needed to maintain and continually improve our mental health. Mental Health Ireland has been developing our understanding of coproduction and to integrate coproduction into Mental Health Ireland practices. We now want to consolidate our practise and share our expertise to become leaders in implementing and promoting coproduction.

- A highlight of 2022 was our partnership with Special Olympics Ireland. Every aspect of the 5-week mental health promotion programme for people with Intellectual Disability, Stronger Minds, Happier Lives, was fully coproduced with Athletes and Health Messengers from Special Olympics Ireland. This included coproducing the design of the Evaluation for the programme where we were joined on the coproduction group by Dr Fintan Sheerin from Trinity College Dublin. 2023 will see this programme brought to scale including delivery to the full Irish World Games Team.
- In 2022 Mental Health Ireland facilitated workshops on coproduction for several organisations locally and internationally including the Simulated Learning Centre in the Royal College of Surgeons Ireland and for Mental Health Europe in Brussels. Both organisations are working to embed coproduction and lived experience at the heart of how they do things and Mental Health Ireland supported them to do so.

PRIORITY AREA 3: Improving 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.

Training, Recovery & Mental Health Promotion Resources and Partnerships

Mental Health Ireland's Creativity for Wellbeing Workbook proved to be very popular with a number of organisations and workplaces ordering additional copies as per of their wellbeing programme. Our team worked closely with Peer Educators, Development Officers, Kingstown College and a professional artist with lived experience to create a self-directed training resource people can use to self-coach, goal set and self-care. Orders for the workbook have remained strong throughout 2022 with bulk orders coming in from universities, prisons, early school leaving groups, family resource centres, addiction services, youth services and more.

This year we partnered with a range of organisations who are leaders in diversity, inclusion and accessibility for them to provide training to and share information with our staff on ways to work more inclusively. This

is part of an Accessibility and Inclusion Project Mental Health Ireland have begun to ensure we are both working in an inclusive and accessible way and to increase our allyship with groups and organisations who represent people whose mental health is challenged by exclusion and discrimination.

In 2022 a focus of our training workstream and Development Officers was to ensure we provide relevant and effective mental health promotion training to priority groups who experience poorer mental health outcomes. To do this we partnered with organisations such as Men's Sheds Ireland on their Sheds for Life Programme, Special Olympics Ireland, 1 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, and others.

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.

	2022	2021
Tony Leahy Scholarship Programme - number of recipients	73	72
Total Value of the Tony Leahy Scholarships awarded	€75,520	€71,395

Mental Health Ireland Kevin Plunkett Award

In 2021 Mental Health Ireland sought to honour and recognise the work of psychiatric nurses across Ireland and decided to introduce an award for mental health nurses who have distinguished themselves in their role. The Board decided to name this award the **Mental Health Ireland Kevin Plunkett Award**, to honour the memory of Kevin Plunkett an Area Director of Mental Health nursing, who passed away in May 2021. Kevin had a long tradition of volunteerism and showed great leadership in service improvement and reform during his lifetime.

In April 2022, the first eight **Mental Health Ireland Kevin Plunkett Awards** were made to Registered Mental Health Nurses introducing new innovations to progress national policy objectives. On **World Mental Health Day**, October 10th 2022, a second round of the **Mental Health Ireland Kevin Plunkett Award** was announced.

	2022	2021
Kevin Plunkett Award - number of recipients	8	0
Total Kevin Plunkett Awards made	€11,099	€0

PRIORITY AREA 4: Being an evidence based and knowledge sharing organisation

Mental Health Ireland 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 & Recovery.

PPI

Priority Area 4 of Mental Health Ireland's strategy is to be 'an evidence-informed and knowledge sharing organisation'. Significant progress has been made on this strategic priority in 2022. Several Mental Health Ireland programmes and initiatives were evaluated in 2022, including the national Hello How Are You campaign, the Family Education Programme and the Mental Health Grants programme. The outputs from these evaluations inform and refine the work of Mental Health Ireland in these areas as well as contributing to the evidence base (objectives 4.2 and 4.3).

In order to build capacity for co-production in research (objective 4.5), specifically in terms of person and public involvement in research (PPI), a PPI Project Officer was recruited in partnership with the HSE. A plan has been developed with the aim of creating awareness of PPI and recruiting PPI contributors to local panels. This work is aligned with the HSE and Health Research Board action plans on research to increase the voice of people using health services in health research.

The organisation has committed to developing Salesforce to enable the efficient and meaningful recording and reporting of the wide range of activities, initiatives and programmes undertaken by Mental Health Ireland every year. A set of organisational indicators is being developed to enable better demonstration of the value and impact of Mental Health Ireland (objective 4.2).

Mental Health Europe

Mental Health Europe advocates for mental health, wellbeing & recovery and for the rights of people living with Mental health challenges. They also raise awareness to end mental health stigma and discrimination. Mental Health Ireland has been an active member of Mental Health Europe since its inception 37 years ago. There are 73 organisations and 30 countries represented within Mental health Europe. In May 2021 Deputy CEO, Catherine Brogan was appointed as President of Mental Health Europe and will lead the Board and support the staff over the next 3 years. 2022 saw the launch of their first multiannual coproduced Strategic Plan '**If Not Now When**' which is providing the road map for the next 3 years.

IIMHL

The International Initiative for Mental Health Leadership (IIMHL) brings together and connects mental health leaders to help spread innovation and best practice to improve mental health and addiction services around the globe. In December 2022, Martin Rogan, Mental Health Ireland's CEO was elected Deputy Chair of IIMHL leading on mental health-based initiatives at a global level.

Communications

To engage the public in promoting mental health, wellbeing, and recovery we need to maintain a strong public profile. We made some significant changes to our Communications Team during 2022. We separated out the Fundraising function while adding a new role to support our social media channels. Providing a trusted channel for high quality, evidence based and accessible material on mental health is a major responsibility. Our Communication Team have worked to refine our website, develop new resources, develop a new online portal, spotlight events and design icons and logos for branded projects.

As we work in coproduction, we know that listening is the first step in any communications plan. We need to understand what the concerns are, how are they understood and how helpful strategies are best communicated to reach each particular audience. Our team have developed a particular expertise and many insights into how this is best achieved to progress our strategic aims and to effectively connect with people needing our support. At Mental Health Ireland we adopt a multimodal approach using spoken word, in-person, local and national radio, television, website, webinars, various social media platforms and podcasts to relay our messages. Each of these channels has its own unique strengths and uses. Learnings developed during periods of lockdown in 2020 and 2021 enhanced our ability to deliver key messages using online webinars and various social media platforms. We will continue to create new content, adopt more agile technologies to convey helpful information with hope and empathy.

See highlights of communications activity in 2022 below:

	2022	2021
Mental Health Ireland web traffic	174,851 users 410,762 page views	161,629 users 409,363 page views
Social media	10.6k total increase	6.73k total increase
Twitter followers	26k (+1.9k)	24.1k (+2.2k)
Facebook	26.58k (+3k)	23.58k (+1.93k)
Instagram	12.94k (+1.5k)	11.6k (+2.6k)
YouTube	33,516k views	33.6k views
LinkedIn	13.89k (+4.2k)	9.94k

PRIORITY AREA 5: Building sustainability and organisational capacity

Mental Health Ireland will continue to improve its governance, processes, and systems to ensure a future proofed, ethical and environmentally responsible organisation.

Recruitment/growth of team

Correct recruitment and growth of the team remain important priority objectives for Mental Health Ireland. Please see full details on page 61.

Fundraising

After segmenting a purpose-built workstream to focus on fundraising we began to work on plans to improve community fundraising and corporate engagement with the common goal of sustainability. We engaged with our first corporate sponsor for World Mental Health Month raising our biggest single donation of over €15,000.

While fundraising was down nationally and Facebook fatigue is being felt globally, we managed to match corporate fundraising with community fundraising equating to over €30,000 in October 2022. We engaged with more schools, groups, colleges and corporate organisations than ever before. We continue to try to digitise and streamline the fundraising function in efforts in being as sustainable as possible while still being accessible to all demographics.

Governance/Compliance

Governance & Compliance is a vital area of ongoing focus and priority objectives for Mental Health Ireland. Please see full details on pages 59-60.

FINANCIAL REVIEW

Summary surplus for the year:

	2022	2021	€ Increase	% Increase
Income	€7,117,847	€4,538,692	€2,579,155	56.8%
Expenditure	€6,413,801	€4,454,789	€1,959,012	44.0%
Surplus	€704,046	€83,903		

Of the total increase in income in 2022, €365k related to unrestricted programme income and €2.2 million related to an increase in unrestricted income. This large increase in unrestricted income was principally as a result of the Company receiving €1.5 million to administer a grant scheme on behalf of the Department of Health/HSE. Furthermore, additional restricted income of €600k was received from HSE CHO2 to provide support for a number of programmes which the Company hosts on its behalf.

Full results for the year are set out in the Statement of Financial Activities. A detailed breakdown of all Mental Health Ireland's sources of funding, with comparative figures for 2021, 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. The Audit and Finance Committee Chair is a senior qualified accountant. Alma O'Brien was appointed to the Chair in January 2020.

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 2022 was:

	2022	2021	€ Increase/ (decrease)	% Increase/ (decrease)
Unrestricted Reserves	€709,206	€724,694	-€15,488	-2.1%
Designated Reserves	€90,289	€121,909	-€31,620	-25.9%
Restricted Reserves	€1,558,145	€806,991	+€751,154	+93.1%
TOTAL RESERVES	€2,357,640	€1,653,594	€704,046	+42.6%

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 2023 provides for the investment of €313k of retained unrestricted reserves into delivering expanded services which would reduce unrestricted reserves to €396k.

Designated reserves relate to the Tony Leahy Scholarship Programme and it is budgeted to invest €55k of the €90k of retained designated reserves into

Scholarships in 2023 (with consideration being given to increasing the funds available for Scholarships with a transfer from unrestricted funds should financial results deem this prudent).

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 (due to Covid-19 restrictions) and in order to fund specific future costs. It is budgeted in 2023 to invest

€552k of the €1.558m of retained unrestricted reserves into these programmes.

Remuneration & National Pay Restoration

Mental Health Ireland's remuneration policy is analogous to HSE pay scales (2020 Scale) and senior management have key performance targets which are reviewed on a regular basis. During 2021, Mental Health Ireland's staff were included in the Section 39 Pay Restoration process. This national pay restoration programme agreed between the Department of Health and staff representative bodies was facilitated by the Workplace Relations Commission. Many voluntary agencies, funded under Section 39 had staff salaries unilateral reduced during the recessionary years and this process sought to re-establish pay-parity with equivalent grades within the public sector. From June 2021, Mental Health Ireland staff were restored to the 2020 pay scale used by the HSE.

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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.

	2022	2021	€ Increase/ (decrease)	% Increase/ (decrease)
Fundraising Income	€169,551	€379,646	-€210,095	-55.3%

2022 was a very difficult year in terms of fundraising activity. The war in the Ukraine became the deserved focus of fundraising activity from March 2022 onwards. This focus, coupled with the increasing pressure on households from very significant increases in the cost of living, severely impacted on the general public's ability to donate to charitable causes. The Company is focusing its fundraising activity in 2023 on attracting corporate sponsors to partner with us on our health promotion initiatives.

Following a request by the Department of Health and the HSE, in Jan 2022, the Mental Health Ireland administered the Mental Health Grants for Community and Voluntary Organisations. This fund of €1.5 million supported the work of local community and voluntary groups. A detailed **Memorandum of Understanding** with explicit eligibility criteria and terms and conditions was

developed and agreed. This once-off grant funding allowed volunteers and smaller groups to progress key recommendations in the national mental health policy '**Sharing the Vision**'. Grants of between €5,000 and €30,000 were awarded to 81 registered charities, working in mental health across Ireland. Grant applications are made via a specially commissioned online application portal.

Funding 2023 and beyond

Mental Health Ireland is confident of funding for 2023 but the uncertain course of the conflict in Ukraine, COVID-19, rising energy costs and inflationary pressures could all have a negative impact on future fund raising in 2023 and beyond. The Audit and Finance Committee continually monitor the operating environment and take a cautious and prudent approach to new investment.

STRUCTURE, GOVERNANCE AND MANAGEMENT

During 2022, we recruited a new Operations Manager to focus on Governance and Compliance as priorities within the role. This appointment ensured the continuity of the organisational aims and objectives, which are to strive for strong governance structures and management. Through the process of ongoing policy reviews, Garda Vetting Audit and process updates Mental Health Ireland have worked to ensure compliance and best practice approach to governance matters. Maintaining strong compliance processes and a best practice approach to governance is vital to ensure that our funders, the public, staff, volunteers, corporate and social partners are confident of our commitment to this area.



Mental Health Ireland Board

During 2022, no Mental Health Ireland Board members stepped down and no new directors were appointed. All active members were appointed in previous years through a robust invitation and selection process, which includes succession planning and consultation. Our directors individually bring specific skill sets, which are identified prior to appointment, resulting in a high performing Board of Directors, who engage, inform and contribute to Mental Health Ireland's Strategic objectives.

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. Affirming our focus on strong Governance, our Board members attended Board Training in September 2022, which was provided by an external consultant expert in board management.

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 Board and Sub Committee Meetings 2022													
MEETING TYPE	No. of meetings held	Pat Bracken	Pauline Burke	Kathleen Chada	Ciara Gillespie	Hugh Kane	Eilish Kerrisk	Ruari Mulrean	Colman Noctor	Alma O'Brien	Robert O'Connell	Ann Sheridan	Sushil Teji
Main Board	6	4/6	6/6	4/6	4/6	6/6*	5/6	4/6	3/6	5/6	5/6	5/6	5/6
Finance & Audit Committee	6		6/6							6/6*			5/6
Governance Committee	6						4/6	5/6			6/6*		

* Indicates Board member is Chair of Board/Committee

Governance and Risk Committee

To ensure compliance with Charities Governance Code, Mental Health Ireland's Governance Committee serves to oversee the structures, processes and procedures needed to maintain best practice in terms of compliance are in place and followed. The committee is chaired to the Vice Chairperson of the Board.

Specific agenda items in every meeting include, conflicts of interest, review of policies and risk register discussion and review.

Mental Health Ireland Annual General Meeting – 23rd April 2022

The AGM was held at the Glenroyal Hotel, Maynooth, Co Kildare – our first in-person AGM in two years.

Number of Attendees at MHI's AGM on April 23rd 2022

50

Mental Health Ireland's Annual Report for 2021 which includes our Audited Accounts and Directors Report was published in Q3 and is available online at: www.mentalhealthireland.ie/wp-content/uploads/2022/09/MHI-Annual-Report-2021-web.pdf?external=1

Human Resources and Recruitment

2022 was another year of growth and further development in terms of recruitment, with successful appointments of 41 roles. Emerging from the challenges presented since 2020, Mental Health Ireland have adopted a hybrid approach where possible.

At year end 112 staff members were employed by Mental Health Ireland. It can be noted that staff numbers are lower than 2021, by 4, however, this reflects roles that have been taken over directly by the HSE, which shows the commitment and success of Recovery Education and Mental Health Ireland's strategic involvement in our working relationship with the National Office of Mental Health Engagement and Recovery and HSE at local and national level. At the end of 2022, our total staff number was 112, 31 of these being head office posts, and the remaining posts working into the local CHO services. Funding for many of these posts is received from HSE's Mental Health Engagement and Recovery Office continuing valuable employment opportunities for people with lived experience in the co-production & facilitation of Recovery Education services. Mental Health Ireland has also developed several self-funded posts in Operations, Policy and Research, Mental

Health Promotion, Education, Training, e-Mental Health and Fundraising.

To ensure our commitment to fairness, transparency, and adherence to employment legislation, Mental Health Ireland works with Adare Human Resources Management to advise on HR issues. Our internal HR team also works to review and update policies on an ongoing basis. The staff handbook is continuously updated in order to ensure Mental Health Ireland is compliant with the latest legislative requirements also.

To ensure staff well-being, all employees have access to an Employee Assistant Programme, this confidential support service is operated by Inspire NI. An active Staff Wellbeing committee was formed culminating in a successful Staff Wellbeing Day held on Nov 4th with staff being offered a few options to meet and reflect in a nature-based setting.

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 2022

41

Charity Registration

During 2022, 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.

We were also able to assist the Department of Health and the HSE in allocating €1.5m in grants to local community and voluntary groups in projects designed to advance national policy objectives. Mental Health Ireland developed a bespoke, online portal in Spring 2022 for the Mental Health Grant Scheme. Over 300 applications were reviewed and 81 grants allocated to successful applicants.

Given the significant growth achieved in recent years, a key task for the year ahead is to consolidate the progress made and to maximise the new capacity and skillsets now available to Mental Health Ireland. We will continue to work in partnership with the Health Service Executive and with a broad spectrum of service partners and affiliates.

With a presence at a local, regional, national and international level, Mental Health Ireland is making a real difference to the quality of life for Irish people. Promoting mental health and wellbeing and supporting people in their recovery journey remains at the heart of our mission. With the continued support of our funders, generous donors, our Board, Volunteers and a dedicated team, Mental Health Ireland is looking forward to the future with great confidence.

FUTURE & STRATEGIC FOCUS

2022 was a challenging but progressive year for Mental Health Ireland, as we reemerged from the public health measures associated with the COVID-19- pandemic. Our board members, volunteers, staff and partners responded resiliently and maintained their energy and momentum while continuing to promote positive mental health and wellbeing and building progressive pathways for people in Recovery.

In April 2022, Minister Mary Butler TD, launched our new three year strategy '**Mental Health for All – Hope, Strength & Action**', which builds upon the success of our previous strategy, '**Empowerment – from Ideas to Action**'. Developed through an inclusive coproduction process which began in April 2021, our new strategy incorporates the national policy objectives set out in '**Sharing the Vision – a Mental Health Policy for Everyone**' published by the Department of Health.

During 2022, we further developed our capacity and capabilities in Policy and Research, Education, Training & eMental Health, Communications and Fundraising by welcoming new members to our Team. We were also very pleased to be in a position to extend our culture of coproduction with a new **position** in **Public** and **Person**

Involvement (PPI). This HSE funded role is designed to build confidence and capacity amongst people lived experience so that they can bring their lived and living perspective to a range of inclusive initiatives across our sector.

In February 2022, the outbreak of conflict in Ukraine and the ensuing energy crisis imposed a huge financial burden impacting every household in Ireland. While members of the public continued to be generous in their support for Mental Health Ireland, inflation peaking at 10% made it difficult to people wishing to support our work from financial donations.

Mental Health Ireland greatly appreciates the support given by the Health Service Executive, this collaboration has many facets and include our work in mental health promotion, recovery education, community connection and in hosting the **International Initiative for Mental Health Leadership Exchange** meeting in October 2022. We are proud to partner with **Coillte** and **Get Ireland Walking** as we extended the reach of the **Woodland for Health** programme to all counties with the appointment of our **Woodlands and Nature Based Projects Officer**.

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	Pat Bracken Pauline Burke Kathleen Chada Ciara Gillespie Hugh Kane Eilish Kerrisk Ruairi Mulrean Colman Noctor Robert O'Connell Alma O'Brien Ann Sheridan Sushil Teji
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CEO WHOM RESPONSIBILITY FOR THE DAY-TO-DAY MANAGEMENT OF THE CHARITY IS DELEGATED:

CEO	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

Alma O'Brien, Chairman of the Finance Committee
Director

Date: 24th March 2023

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

Alma O'Brien, Chairman of the Finance Committee
Director

Date: 24th March 2023

Opinion

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2022 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 2022 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: 24th March 2023

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 2022

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2022 €	Total 2021 €
Income					
Donations (Note 4)	-	169,551	-	169,551	379,646
Earned from charitable activities (Note 4)	-	2,116,971	4,773,721	6,890,692	4,128,424
Earned from other activities (Note 4)	-	57,604	-	57,604	30,622
Total income and endowments	-	2,344,126	4,773,721	7,117,847	4,538,692
Cost of Raising Funds					
Fundraising Costs	-	29,431	-	29,431	16,145
Expenditure on charitable activities					
Staff Costs	-	1,548,414	2,277,698	3,826,112	3,515,743
Depreciation of Fixed Assets	-	10,063	-	10,063	10,063
Operational Costs	86,619	716,706	1,744,870	2,548,195	912,838
Total Expenditure	86,619	2,304,614	4,022,568	6,413,801	4,454,789
Transfers	55,000	(55,000)	-	-	-
Net Movements In Funds For The Year	(31,619)	(15,488)	751,153	704,046	83,903
Reconciliation of Funds					
Total Funds Brought Forward	121,909	724,694	806,992	1,653,594	1,569,691
Total Funds Carried Forward	90,289	709,206	1,558,145	2,357,640	1,653,594

Statement of Comprehensive Income

For year ended 31 December 2022

	2022 €	2021 €
Surplus for the financial year	704,046	83,903
Total comprehensive income	704,046	83,903

Statement of Financial Position

For year ended 31 December 2022

	Notes	2022 €	2021 €
Fixed assets			
Tangible assets	9	<u>26,835</u>	<u>36,898</u>
		26,835	36,898
Current Assets			
Debtors	10	826,805	266,703
Cash at bank and in hand	11	<u>2,019,066</u>	<u>2,693,682</u>
		2,845,871	2,960,385
Creditors: amounts falling due within One year			
	12	<u>(515,066)</u>	<u>(1,343,689)</u>
Net current assets		<u>2,330,805</u>	<u>1,616,696</u>
Total assets less current liabilities		<u>2,357,640</u>	<u>1,653,594</u>
Reserves and funds			
Designated Reserves	15	90,289	121,909
Accumulated funds – restricted	16	1,558,145	806,991
Accumulated funds – general	17	<u>709,206</u>	<u>724,694</u>
		<u>2,357,640</u>	<u>1,653,594</u>

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

Hugh Kane, Chairperson
Director

Alma O'Brien, Chairman of the Finance Committee
Director

Date: 24th March 2023

Statement of Cash Flows

For year ended 31 December 2022

		2022 €	2021 €
Net cash flows from operating activities	13	(674,616)	1,166,366
Investing activities			
Purchase of fixed tangible assets		-	-
Net (decrease)/increase in cash and cash equivalents		<u>(674,616)</u>	<u>1,166,366</u>
Cash and cash equivalents at beginning of financial year		<u>2,693,682</u>	<u>1,527,316</u>
Cash and cash equivalents at end of financial year		<u>2,019,066</u>	<u>2,693,682</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 2022

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 2022.

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 40 to 63.

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 2022 analysed as follows:	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	€	€	€	€
Earned from charitable activities				
H.S.E. - Core (National)	1,249,735	-	1,249,735	885,817
H.S.E. - Core (South East)	83,210	-	83,210	81,279
H.S.E. - Core (Dublin / Kildare)	70,114	-	70,114	52,198
H.S.E. - CHO1 (Sligo / Leitrim)	66,908	-	66,908	54,232
H.S.E. - CHO1 (Cavan / Monaghan)	44,631	-	44,631	68,099
H.S.E. - CHO1 (Donegal)	55,039	-	55,039	46,844
H.S.E. - CHO2 (West)	124,697	-	124,697	124,809
H.S.E. - CHO8 (Louth / Meath)	27,316	-	27,316	27,316
H.S.E. - CHO8 (Midlands)	53,325	-	53,325	51,837
H.S.E. - CHO3 (Midwest)	67,163	-	67,163	66,177
H.S.E. - CH06 (Dublin Wicklow)	71,740	-	71,740	-
Department of Health/HSE Grant Schemes	78,743	1,475,000	1,553,743	-
Mindspace Mayo	5,000	600,675	605,675	378,061
Gateway Project	-	241,167	241,167	209,687
Ennis MHA	-	8,271	8,271	8,203
West Clare MHA - Lighthouse Project	-	21,377	21,377	19,469
Nature based Health Promotion Programme	-	40,000	40,000	-
Int. Exercise Practitioners Wexford	5,000	95,753	100,753	9,684
Famers Partnership EU Project	-	25,189	25,189	-
Mental Health Engagement and Recovery (previously ARI)	5,000	200,112	205,112	148,845
Service Improvement Fund (previously ARIES)	13,350	137,082	150,432	187,151
Peer Recovery National Forensic MHS	5,000	45,893	50,893	38,193
Peer Recovery South East CH05	5,000	50,152	55,152	81,925
Suicide Prevention Prog CHO6	-	-	-	(28,743)
Peer Recovery West CHO2 (ex. MMHS)	5,000	153,841	158,841	159,460
Peer Recovery CHO6 (Dublin East)	5,000	120,841	125,841	111,365
Peer Recovery CHO7 (Dub/Kil/Wick)	5,000	49,174	54,174	50,800
Peer Recovery CHO8 (Midlands)	5,000	235,765	240,765	205,030
Family Peer Support CHO2 (Bealach Nua)	5,000	42,054	47,054	44,561
Family Peer Support CHO2 (Mayo/Gal/Ros)	5,000	282,919	287,919	116,283
Recovery Education Facilitators (National)	51,000	573,003	624,003	788,281
Community Café CHO2	5,000	358,808	363,808	130,899
Roscommon Svr User Rep CHO2	-	16,647	16,647	10,662
Total earned from charitable activities	2,116,971	4,773,721	6,890,692	4,128,425
Earned from other activities				
Annual Subscription	3,442	-	3,442	3,569
Other Income	2,937	-	2,937	2,929
Training	51,225	-	51,225	24,124
Total earned from other activities	57,604	-	57,604	30,622
Donations				
Donations / Fundraising	169,551	-	169,551	379,646

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):

	2022	2021
	€	€
Depreciation of tangible assets	10,063	10,063
Audit Remuneration (including VAT)		
-Audit Fees – Statutory Financial Statements	10,086	9,922
-Audit Fees – Grant Audit	4,305	-
-Non - Audit Services	676	666

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 €106,010 (2021: €99,024) 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:

	2022 Number	2021 Number
Head Office	19	15
Development Officers	10	9
Gateway Project	4	4
Mental Health Engagement and Recovery (previously ARI)	2	3
Mindspace Mayo	8	6
Service Improvement Fund (previously ARIES)	3	2
Peer Recovery Programmes	23	22
Community Café	7	6
Recovery Education Facilitators (National)	30	30
Mental Health Associations	2	1
Total	108	100

Their aggregate remuneration comprised:

	2022 €	2021 €
Wages and salaries	3,371,308	3,101,365
Social security costs	350,338	320,872
Pension Costs	104,466	93,506
	<u>3,826,112</u>	<u>3,515,743</u>

The number of higher paid employees including the CEO was:

Salary band	2022	2021
€60,000- €70,000	4	3
€70,001- €80,000	1	2
€90,001- €110,000	1	1
	<u> </u>	<u> </u>

8. RETIREMENT BENEFIT INFORMATION

	2022 €	2021 €
Retirement benefit charge	<u>104,466</u>	<u>93,506</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:

	Fixtures, Fittings & Equipment 2022 €
Cost or valuation	
At 1 st January 2022	56,027
At 31 st December 2022	54,305
Depreciation	
At 1 st January 2022	19,129
Charge for the financial year	10,063
At 31 st December 2022	29,192
Net Book Value	
At 31 st December 2022	26,835
At 31 st December 2021	36,898

10. DEBTORS

	2022 €	2021 €
Trade debtors	768,204	243,969
Other debtors	1,850	12,993
Prepayments and accrued income	56,751	9,741
	<u>826,805</u>	<u>266,703</u>

11. COMPONENTS OF CASH AND CASH EQUIVALENTS

	2022 €	2021 €
Cash at bank and in hand	2,019,066	2,693,682
	<u>2,019,066</u>	<u>2,693,682</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 €	2021 €
Trade creditors	67,729	69,206
Deferred Income	101,411	1,163,837
Procurement card (overdraft) 1	4,369	9,901
Procurement card (overdraft) 2	976	744
Accruals	166,780	23,959
Wages control	1,010	406
PAYE control account	172,791	75,636
	<u>515,066</u>	<u>1,343,689</u>

Deferred income

Deferred income at the year end consists of the following:

- €20,000 received from the HSE in relation to Peer Educator Post from 1 January 2023 to 31 December 2023
- €40,000 received in relation to national woodlands & nature project from 1 January 2023
- €31 received from the HSE in relation to S39 pay restoration from 1 January 2023
- €26,520 in relation to training to be delivered from 1 January 2023
- €4,000 in relation to Workplace Wellbeing Framework printing costs from 1 January 2023
- €1,131 to be offset on software to be purchased from 1 January 2023 to 31 December 2023 for Service Improvement
- €9,729 in relation to West Clare MHA from 1 January 2023 to 31 December 2023

Notes to the Financial Statements

13. NET CASH FLOWS FROM OPERATING ACTIVITIES

	2022 €	2021 €
Surplus for the financial year	704,046	83,903
Depreciation on tangible assets	10,063	10,063
Increase in debtors	(560,102)	(30,194)
Increase in creditors due within one year	233,803	7,377
Increase / (Decrease) in deferred income	(1,062,426)	1,095,217
	<hr/>	<hr/>
Net cash inflow / (outflow) from operating activities	(674,616)	1,166,366

14. EVENTS AFTER THE END OF THE FINANCIAL YEAR

There were no post reporting date events which require disclosure.

15. DESIGNATED FUNDS

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

Designated Funds previous year

	1 Jan 2021 €	Income €	Expenditure €	Transfer from Unrestricted €	31 Dec 2021 €
Tony Leahy Scholarship Fund	93,304	-	(71,395)	100,000	121,909
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	93,304	-	(71,395)	100,000	121,909

16. RESTRICTED FUNDS

	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 (Previously ARIES)	107,644	137,082	(146,545)	-	98,181
Peer Recovery National Forensic MHS	2,954	45,893	(48,794)	-	53
Peer Recovery South East CHO5	23,981	50,152	(71,724)	-	2,409
Nature Based Health Promotion	-	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)	2,814	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	<u>806,992</u>	<u>4,773,721</u>	<u>(4,022,568)</u>	<u>-</u>	<u>1,558,145</u>

Notes to the Financial Statements

Restricted Funds Previous year

	1 Jan 2021	Income	Expenditure	Transfer	31 Dec 2021
	€	€	€	Unrestricted	€
Project					
Mindspace Mayo	143,510	373,061	(332,849)	-	183,722
Gateway Project	99,756	209,687	(220,036)	-	89,407
Ennis MHA	133	8,203	(8,203)	-	133
West Clare MHA - Lighthouse Project	17	19,469	(19,466)	-	20
Nat Forensic- Garden Restoration	130,405	-	(-)	-	130,405
Int. Exercise Practitioners Wexford	-	9,684	(9,635)	-	49
Mental Health Engagement and Recovery (previously ARI)	87,707	143,845	(191,130)	-	40,422
Service Improvement Fund (Previously ARIES)	97,148	173,801	(163,305)	-	107,644
Peer Recovery National Forensic MHS	16,691	33,193	(46,930)	-	2,954
Peer Recovery South East CHO5	36,833	76,925	(89,777)	-	23,981
Suicide Prevention Programme CHO6	35,102	(28,743)	(6,359)	-	-
Peer Recovery West CHO2 (ex. MMHS)	2,887	154,460	(134,101)	-	23,246
Peer Recovery CHO6 (Dublin East)	8,281	106,365	(108,095)	-	6,551
Peer Recovery CHO7 (Dub/Kil/Wick)	1,936	45,800	(44,922)	-	2,814
Peer Recovery CHO8 (Midlands)	1,841	205,030	(204,701)	-	2,170
Family Peer Support CHO2 (Bealach Nua)	19,111	42,561	(48,316)	-	13,356
Family Peer Support CHO2 (Gal/Mayo/Ros)	12,431	111,954	(124,385)	-	-
Peer Recovery CHO9 (Dublin North)	19,624	-	(-)	-	19,624
Recovery Education Facilitators (National)	3,332	737,281	(588,473)	-	152,140
Community Café CHO2	2,189	125,951	(128,140)	-	-
Roscommon Svs User Rep CHO2	-	10,662	(9,645)	-	1,017
ESTHER Funding	7,200	-	(-)	-	7,200
Social Inclusion (Refugees)	5,361	-	(5,225)	-	136
Total	731,495	2,559,189	(2,483,693)	-	806,991

17. UNRESTRICTED FUNDS CURRENT 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
Unrestricted Funds previous year	1 Jan 2022	Income	Expenditure /Transfer	31 Dec 2022
	€	€	€	€
Unrestricted funds	744,892	1,979,503	(1,999,701)	724,694
Total unrestricted funds	744,892	1,979,503	(1,999,701)	724,694

18. OPERATING LEASE COMMITMENTS

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

	2022	2021
	€	€
Within one year	52,317	52,317
Between one and five years	104,634	209,268
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

	2022	2021
	€	€
At the beginning of the year	1,653,594	1,569,691
Surplus for the year	704,046	83,903
	<hr/>	<hr/>
Closing reserves	2,357,640	1,653,594
	<hr/> <hr/>	<hr/> <hr/>

20. ANALYSIS OF CHANGES IN NET CASH

	At 01/01/2022	Cashflows	At 31/12/2022
	€	€	€
Cash	<u>2,693,682</u>	<u>(674,616)</u>	<u>2,019,066</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 24th March 2023.



**Mental Health
Ireland**

MENTAL HEALTH IRELAND

Promoting Mental Health, Wellbeing and Recovery.

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