

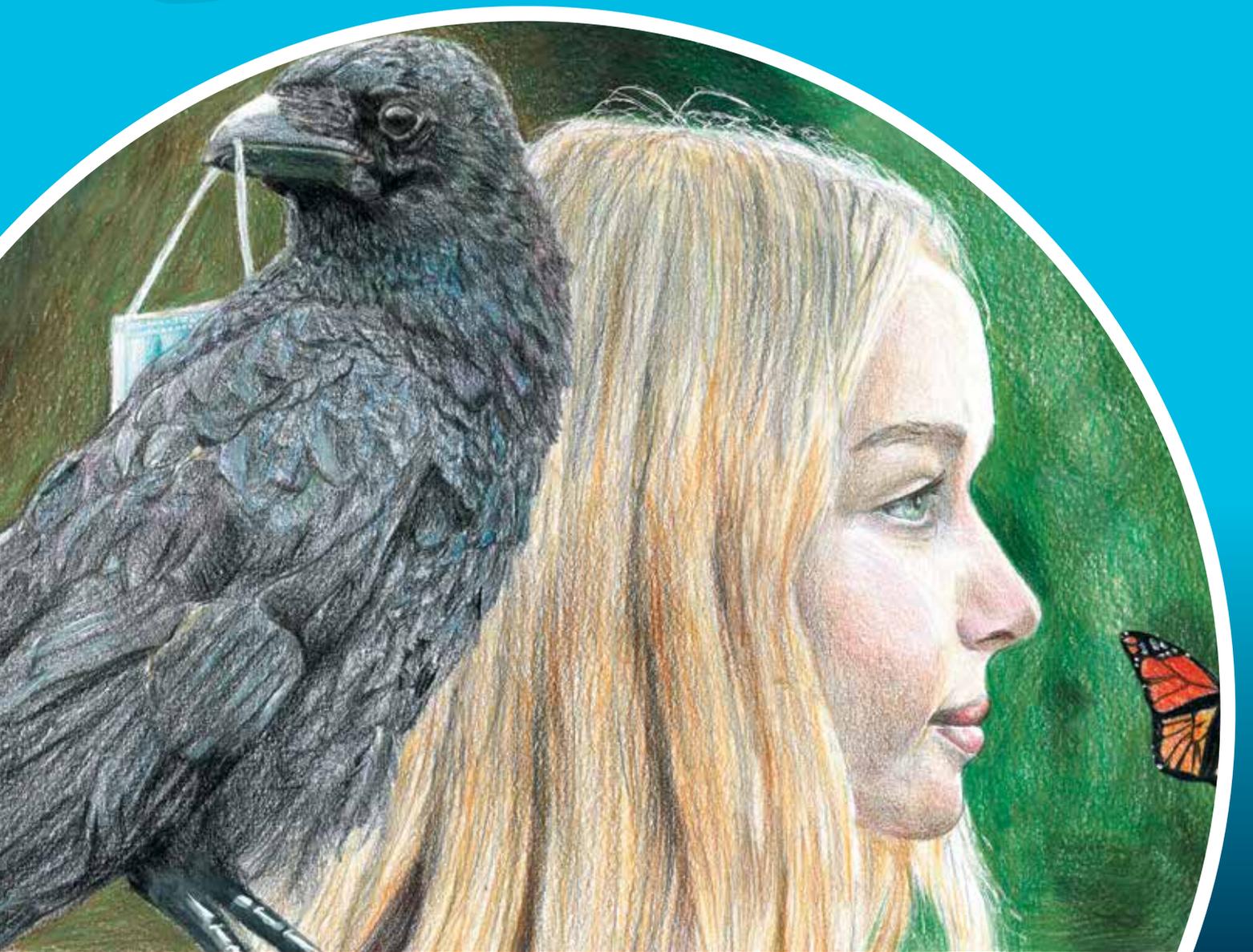


Mental Health
Ireland

Annual Report 2021

Promoting Mental Health, Wellbeing and Recovery

www.mentalhealthireland.ie

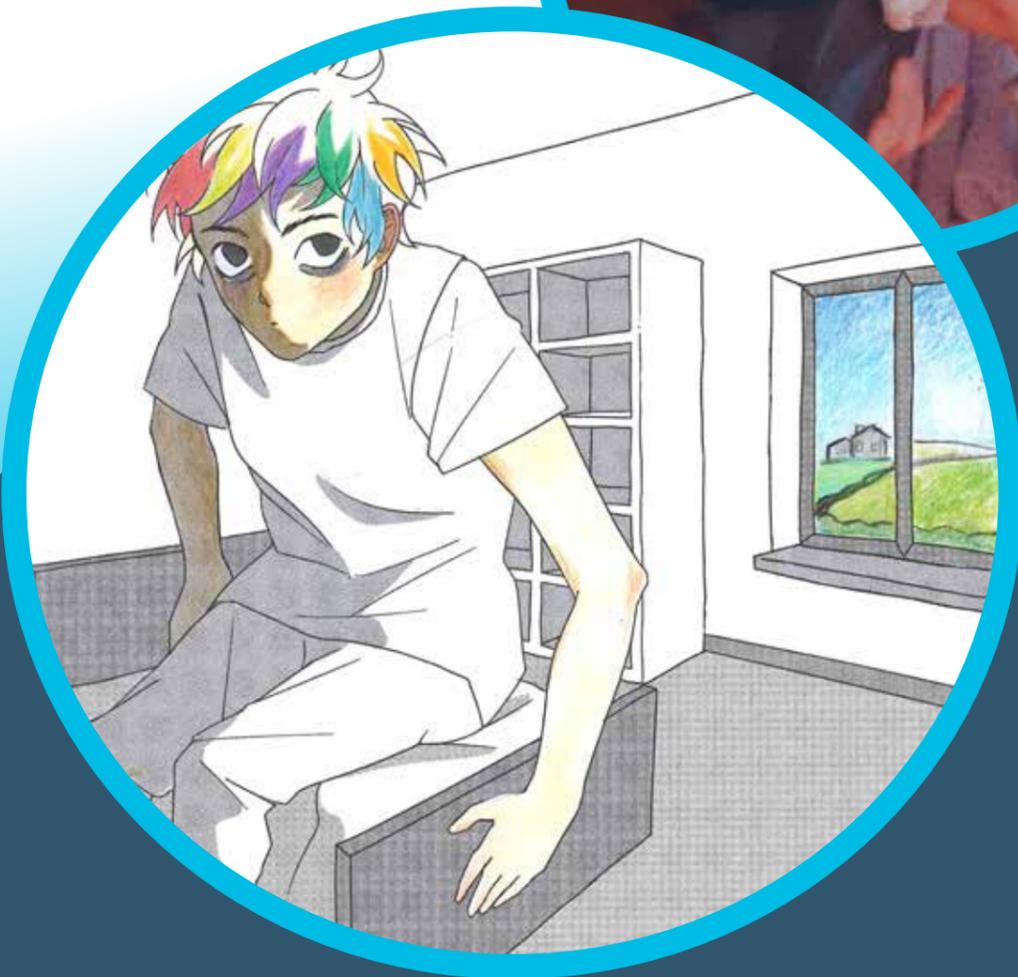


Cover image by **Justyna Przyborska**,
finalist of MHI Art & Photography Competition

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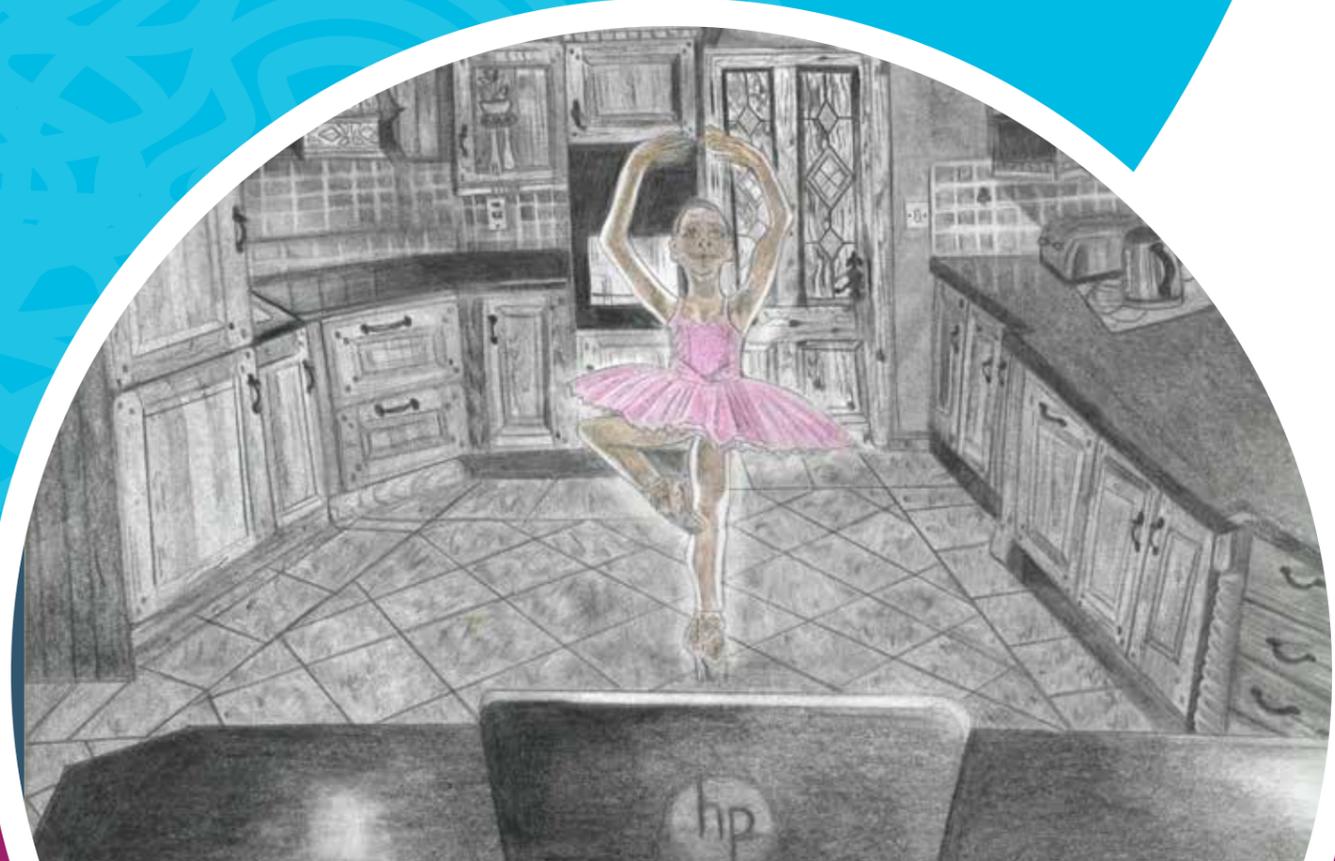
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**I WILL WIN Not
Immediately but
eventually**

**We are honoured to
feature the winning
pieces from the MHI
Art & Photography
Competition throughout
the 2021 Annual Report.**



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Chairperson's Address



Hugh Kane, Chairperson

I am very pleased to present Mental Health Ireland's Annual Report for 2021. Living through the uncertainty of the pandemic caused us all to refocus our priorities and to re-examine how we invest our time on what is most important to us. Notwithstanding the challenging headwinds of COVID-19, great progress was made, our organisation has grown with new and lasting bonds being established.

At Mental Health Ireland we are very proud of our ability to work at a local, regional, national, European and international level and to be able to bring insights and share ideas across these connections. During 2021 we reached out to all volunteers, partners and collaborators to reimagine our strategic focus. This inclusive process of engagement formed a dialogue which helped us to create our next strategy 'Mental Health for All, Hope, Strength and Action'.

This strategy responds to the national mental health policy 'Sharing the Vision' and describes how we can best assist in its implementation. Sometimes a national policy can seem distant, and it can be hard to see how its recommendations translate into each person's daily experience of life.

The work undertaken by volunteers in Mental Health Associations and our team at Mental Health Ireland aims to take these recommendations and make them real. It is so encouraging to see the recommendations in 'Sharing the Vision' come to life at ground level, in communities right across the country. This Annual Report aims to illustrate the strides we took during 2021.

I am always encouraged by the agility, creativity and commitment shown by our network of volunteers, staff, partners, funders and supporters. At Mental Health Ireland we want to extend an invitation to all members of our community to play their part, to get involved, to contribute and to belong.

In Mental Health Ireland, we incorporate the experience, strengths and hopes of people with lived experience so that our work continues to make a tangible difference. This is coproduction and it makes a real difference. We engage and learn from local communities so we mobilise their inherent strengths and help them thrive.

Our new strategy translates shared ambitions into practical actions and through our work we can create platforms for change. We celebrate, recognise and restate the values that have sustained Mental Health Ireland over the past 55 years, while being open to new approaches, new technologies and new solutions.

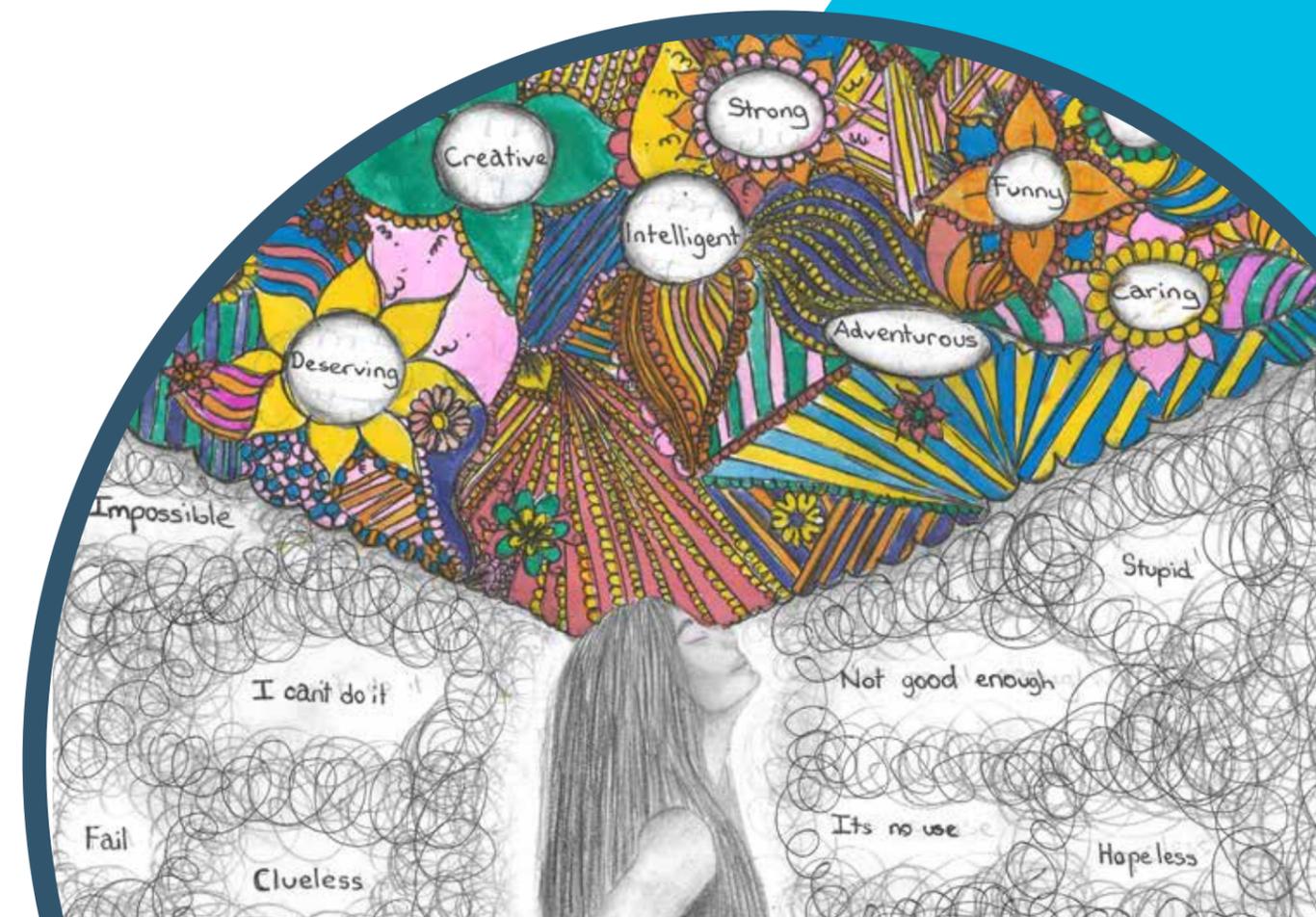
We are supported in our work by the Health Service Executive and we greatly appreciate their collaboration and support. On behalf of the Board of Mental Health Ireland, I would again like to thank every volunteer, staff members and all of our many projects partners for their work and leadership.

Our Annual Report can only provide a small glimpse of the work that was done during the year, but it will give you a flavour of the progress made. I believe that we can be very positive about the future.

Hugh Kane

Chairperson, Board of Directors

Mental Health Ireland



CEO'S Statement



Martin Rogan, CEO

Welcome to our Annual Report for 2021 – a year to remember. This was a year characterised by fluctuating periods of uncertainty associated with the COVID-19 pandemic.

Many of the skills and solutions our Team developed during 2020 came to full fruition, but with extended periods of lockdown and social distancing, Covid fatigue became a reality for many Irish families.

Despite its challenges, 2021 was a year of dynamic change and growth for Mental Health Ireland with significant new developments in recovery, mental health promotion, education and training, policy and research and in developing our new strategy. Throughout 2021, we used video conferencing tools to their maximum, for meetings, project planning, consultation, coproduction sessions, webinars, training and full conferences. Mindful that these tools have their limitations, we also discovered that we could bring a mental health message to a wider audience and into participant's own homes when this was necessary during pandemic lockdowns.

Following protracted periods of social distancing, we all developed a new appreciation of simple human contact – a woodland walk, a moment of befriending or social contact. Our staff and the team of volunteers adapted wonderfully to the public health restrictions and managed to maintain social connection while staying safe.

In April 2021, Mental Health Ireland commissioned a nationwide survey on the experiences of families home-schooling children and this gave us many insights into the enormous changes our communities were experiencing. This information helped to shape our response with an impressive array of online programmes, webinars, new initiatives and an enhanced suite of training resources for community groups and business.

All throughout 2021, we worked to consult with members, staff, partners and funders to coproduce our new strategy. One which would carry forward the work of Mental Health Ireland while reflecting the new priorities in the national mental health policy, 'Sharing the Vision' (2020-2030).

By working with a broad range of diverse partners, we learned a lot and certainly did share the vision of an Ireland where everybody's mental health is valued and protected. This is the basis of our new 3-year strategy 'Mental Health for All – Hope, Strength and Action'.

Working in partnership with the HSE's National Office for Engagement and Recovery, we recruited over 80 staff members to work in exciting new roles including Recovery Coordination, Recovery Education, Community Café, Community Connection, Integrated Exercise and Family Peer Support. These roles recognise and value the perspective of lived experience and family member/supporter's experience and how it can act as a beacon of hope to people working their way towards recovery. At Mental Health Ireland we are immensely proud of what was achieved during the 2021.

Promoting mental health and wellbeing has always been at the heart of our work and during 2021 we grew our Mental Health Promotion team. Working in partnership with Coillte Ireland and Get Ireland Walking, we introduced a new Woodlands and Nature Based Project Officer to extend our popular Woodlands for Health programme.

We also developed our Policy and Research capability so that Mental Health Ireland could make a more active contribution to public discourse and shape national policy. We were able to grow our Development Officer Team with two new posts to serve Dublin, Kildare and Wicklow.

Working with communities is an important theme for us, and in 2021 the innovative Thrive model began in Balbriggan. This idea came originally from Philadelphia in the US and starts off by listening closely to members of the community to fully understand their concerns and their ambitions for their own area. This initiative has been greatly supported by the local Mayor, Fingal Co. Council and a wide range of community leaders.

Mental Health Ireland is a national organisation and we are also playing our part internationally. Our Deputy CEO was elected President of Mental Health Europe. Ireland is now recognised as a leader in coproduction and recovery, and we have a responsibility to share our experience with others on the world stage.

2021 was a remarkable year, one that we will all remember for a long time to come, yet it was a time of extraordinary cooperation and social cohesion. These are the values of belonging that Mental Health Ireland incorporates at a local, national and international level. We have more work to do and we welcome new volunteers who wish to participate in making Ireland a better place to live, to enjoy mental health and to recover when challenges arise.

If you would like to become involved, we would like to hear from you.

Martin Rogan

Chief Executive Officer

Mental Health Ireland

2021 at a Glance



276 mental health training sessions delivered online



13 national webinars



5,230 attendees at mental health training sessions



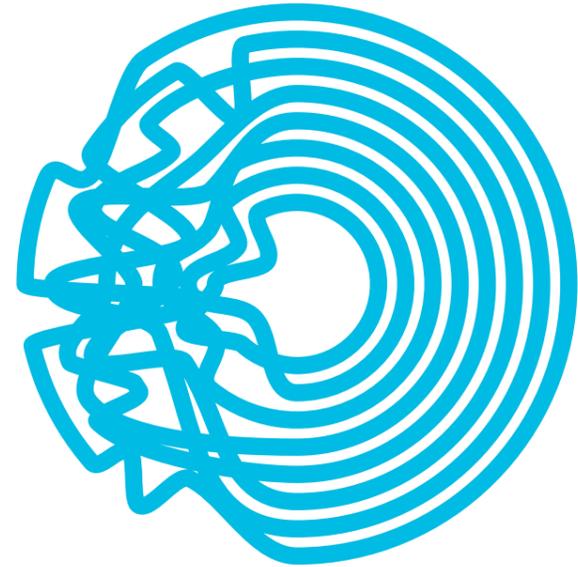
6,966 webinar participants



6 new MHI QQI Accredited trainers



409k website pageviews



8 new HQ staff



7 Courses (2 new courses in 2021)



61 new Recovery Education Staff Members



72 Tony Leahy Bursary recipients
€71,395 total value of the Tony Leahy Bursaries awarded

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.

Mental Health Ireland's latest strategy **Mental Health for All - Hope, Strength & Action 2022-2024** is an invitation to become involved in something bigger, to be part of a dynamic movement that makes a real difference to many peoples' lives.

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

(MHI Strategic Plan 2022-24)

Mission, Vision and Values

MISSION

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

VISION

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

VALUES

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

We are committed to using coproduction, being evidence informed, improving accessibility, ensuring inclusion & representation and becoming more sustainable in our practices.

We value volunteers, staff and partners through creating a respectful, equal, and supportive environment.

Transparency, good governance, and compliance with the highest ethical standards are intrinsic to our work.

How We Work

OUR BOARD

Mental Health Ireland was founded in 1966. We are 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.

In 2021, five new members were appointed to the Mental Health Ireland Board of Directors.

- **Pauline Burke** (elected May 29th 2021)
- **Kathleen Chada** (elected May 29th 2021)
- **Ann Sheridan** (elected May 29th 2021)
- **Sushil Teji** (elected May 29th 2021)
- **Ciara Gillespie** (elected May 29th 2021)

We bid farewell to three of our dedicated Board members, with heartfelt thanks to:

- **Denis Creedon** (Resigned May 29th 2021)
- **Colm Murphy** (Resigned May 29th 2021)
- **Anthony O'Boyle** (Resigned May 29th 2021)

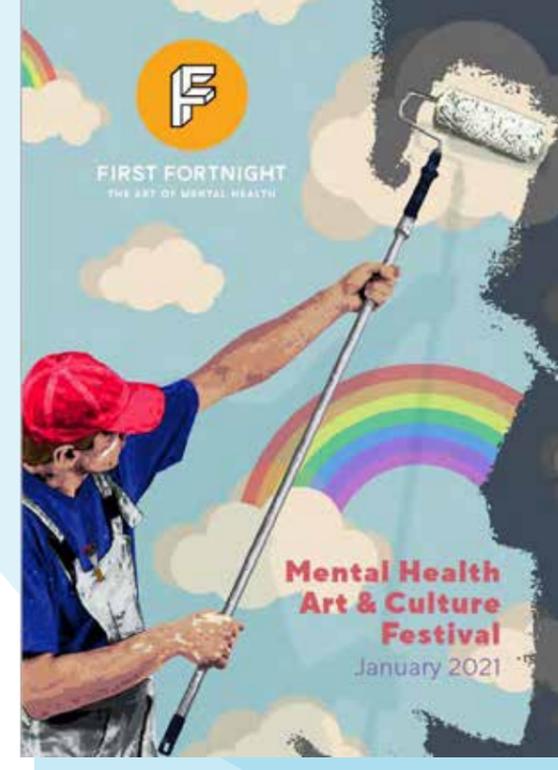
OUR TEAM

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.

Mental Health Ireland are now also 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 2021, two new DOs joined the MHI team to serve Counties Dublin, Kildare and Wicklow. They are Caroline Brogan and Noeleen Wills. Development Officer for Galway County and City Nicola Morley and Rachel Reilly, Development Officer for Sligo & Leitrim moved on from Mental Health Ireland in 2021 after more almost two decades between them promoting mental health and recovery as well as supporting and delivering local and national initiatives.



OUR PARTNERS

We also 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 Mental Health Europe and currently hold the presidency of the latter. Our work couldn't happen without the close relationships we have with members of our coproduction groups who come from all across communities, the voluntary sector and mental health services.

MENTAL HEALTH ASSOCIATIONS

Across the country Mental Health Ireland works 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;

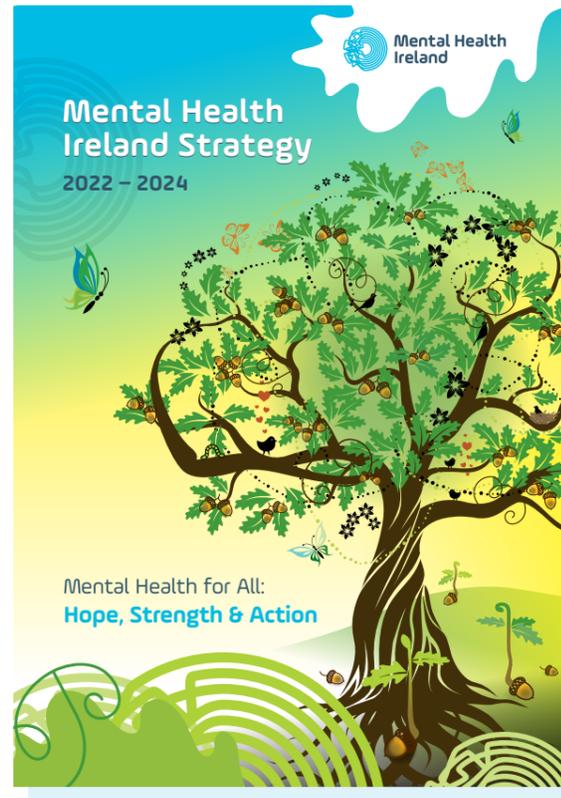
- People from the local community
- People with lived experience of mental health challenges
- Family members /carers and professionals working in the mental health area
- Having this representation in the MHA allows the development and implementation of a range of projects and initiatives that are reflective 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



Mental Health for All: Hope, Strength & Action 2022-2024

2021 was the final year of Mental Health Ireland's strategy '**Empowerment from Ideas to Action 2019-2021**'.

Lead by Catherine Brogan, Deputy CEO, a 22-member national coproduction working group developed key themes and consulted widely with volunteers, members, partners and funders on our new strategy '**Mental Health for All: Hope, Strength & Action 2022-2024**'.



Incorporating the recommendations of the National Mental Health Policy '**Sharing the Vision**' (Department of Health, 2020), this 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
- Building sustainability and organisational capacity

Each of these priority areas is underpinned by robust objectives and specific actions.

See www.mentalhealthireland.ie/strategy



Mental Health Promotion

“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.”

(MHI Strategic Plan
2022-24)

Understanding Mental Health Promotion

Promoting mental health is at the heart of many campaigns, partnerships and activities, which are shaped by the overarching goal to:

- **strengthen the individual**
- **strengthen communities**
- **reduce structural barriers**

Mental Health Ireland works with the network of Mental Health Associations and strategic partners to create and drive evidence-based mental health promotion activities and tools for use in local communities and on a national stage.

In May 2021, a new Mental Health Promotion Manager, **Jo Donohoe** was appointed and in September 2021, our Mental Health Promotion Officer **Mary Cummins** took up her post.

Mental Health Ireland has actively contributed to the Health Service Executive’s Mental Health Promotion Plan which will be launched in 2022.



Jo Donohoe



Mary Cummins

“2021 was a very exciting year for Mental Health Promotion. Some highlights included the development of the National ‘**Hello, How Are You?**’ campaign and, through coproduction, we started the planning process for the 2022 campaign. This involved rebranding, starting to develop resources, including the toolkit, and beginning to engage with communities and organisations.

Thrive Balbriggan, lead by our Development Officer Caroline Brogan, started to find its feet and form its coproduction group in Balbriggan in December.

We were delighted to strengthen our partnerships with **Coillte** and **Get Ireland Walking** to further develop the **Woodlands for Health Programme** through planning the recruitment of a Lead for Woodlands and to include other nature-based approaches to mental health.”

Jo Donohoe
Mental Health Promotion Manager

National Campaigns, Projects & Initiatives

During 2021, a number of major national mental health promotion projects were developed, including 'Hello, How Are You?', 'Woodlands for Health' and 'Thrive'. Each of these programmes are developed in coproduction and involve engagement with a range of collaborative project partners. We look forward to what we can achieve working together creatively in the community in 2022 and beyond.

CREATIVE COMPETITION

In 2021, 1,735 talented students from 112 schools all over the country entered the **Mental Health Ireland Creative Competition** (formerly the Art & Photography Competition).

Open to Secondary Schools, Special Education and Youthreach students, the competition invited young people to explore and express their creative talents while encouraging students, teachers and parents to open up the mental health dialogue and encourage mental health championing.

The theme of the 2021 competition was 'Nobody Like Me'. We encouraged students to show off their creative skills to express what made them unique – a skill, a dream, a challenge, an experience. This was a celebration of the power and beauty of diversity, and for the first time the competition was digitised with online entries and an interactive public voting system with a virtual award ceremony for our winners. The stunning winning entries are showcased in the Mental Health Ireland calendar and Annual Report.

Read more: <https://www.mentalhealthireland.ie/art-photography-competition-21>



THRIVE

In October 2021, we invited community stakeholders to a **Think Tank** at Balbriggan Library to introduce the international mental health movement Thrive to the town. We were joined by Mayor of Fingal Seána Ó' Rodaigh and Chief Executive of Fingal County Council, AnnMarie Farrelly to launch the Thrive initiative and brainstorm how the movement can create a happy and healthy community for the people of Balbriggan.

Thrive will be led by local people and supported by Mental Health Ireland's coproduction team, namely MHI Development Officer Caroline Brogan. It is a community-led movement to build an understanding and awareness of mental health and wellbeing within our homes, workplaces, schools and society.

The Think Tank was an opportunity for local groups to meet each other and contribute ideas and resources for the roll out of Thrive Balbriggan. CEO of Mental Health Ireland, Martin Rogan said of the initiative: **"Thrive recognises the natural strengths already within the community and creates a platform for working together to improve mental health and wellbeing for all the people of Balbriggan."**

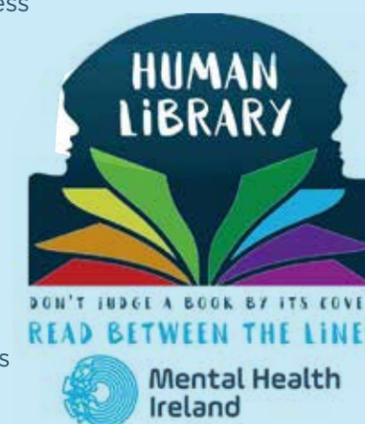
WORLD MENTAL HEALTH DAY

World Mental Health Day was celebrated on October 10th with the theme **"Mental Health in an Unequal World"**. This theme highlights that access to mental health services remains unequal, with between 75% to 95% of people with mental health challenges in low- and middle-income countries unable to access mental health services at all.

Mental Health Associations raised awareness and promoted mental health and recovery with events and engagement throughout the country.

We hosted a webinar on the national mental health policy 'Sharing the Vision' focused on 'Human Rights and Mental Health' on October 5th and rolled out a Human Library which shared stories and encouraged safe conversation about our lives.

The aim of the Human Library was to challenge preconceptions of mental health by sharing unique stories to show that no chapter is the same and to encourage people to 'un-judge' a book by its cover and read between the lines. Thank you to all our Human Library contributors.



MINDOUT

The rollout of the MindOut programme in Mayo is a joint project by charities Mental Health Ireland, Mayo Mental Health Association and Mindspace Mayo in partnership with the HSE and the National University of Ireland, Galway (NUIG).

The timely roll out of this programme in 2021 aimed to support the mental health and wellbeing of students and equip them with skills and coping strategies to manage current challenges in their lives.

Currently, the National Youth Council of Ireland offers a two day interactive training, based on the evidence based MindOut resource developed in 2004, which was revised by NUI Galway and the HSE Health and Wellbeing Division with support from NYCI. The programme focuses on the development of five core competencies for social and emotional learning: self-awareness, self-management, social awareness, relationship management and responsible decision-making.

For more information, visit www.youth.ie/training/mindout/

WOODLANDS FOR HEALTH

The Woodlands for Health partnership with Coillte and Get Ireland Walking returned in 2021 once COVID-19 public health measures were relaxed.

Mental Health Ireland hosted a **Woodlands for Health 'Reboot'** webinar in July 2021, during which, we were honoured to invite Former President of Ireland, Mary McAleese to contribute to a short video on the benefits of woodland walking.



New funding was pledged by each of the project partners to create the new Woodlands and Nature based Projects Officer role which was advertised, to be fulfilled in 2022.

NUIG

Mental Health Ireland recognises its 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 National University of Ireland in Galway (NUIG) to support the development of a Level 9 Post Graduate Course in Mental Health Promotion. In 2021 the second cohort of 25 Graduates completed this course and a third intake began in September 2021.

CHRISTMAS CAMPAIGN

To celebrate the season of good will and due to the popularity of our 2020 campaign, we launched 12 Days of Christmas with a digital advent calendar with messages and resource to encourage self-care and wellbeing during the holidays.

HELLO, HOW ARE YOU?

The Mental Health Ireland **Hello, How Are You?** campaign aims to tackle the lack of connection or belonging that people experience by inspiring individuals to ask how others are feeling. This opens up a conversation to allow, people to listen and encourage action by signposting to local supports and services.

The campaign has been run by Carlow Mental Health Association each May since 2015 and in 2019, Mayo Mental Health Fair brought the campaign to Mayo and has run it each year since.

In 2021, Meath and Westmeath took up the banner. Mental Health Ireland, along with Mullingar Mental Health Association and Meath Partnership, kicked off the campaigns on June 21st.

In 2022, our teams worked together to roll out the campaign nationally, and plan to develop the initiative to reach every town, village, community and household in Ireland.



Community Development

Mental Health Ireland has a dynamic team of **10 Development Officers (DO)** across **Community Health Organisations (CHO)** throughout the country who 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 (also supported Sligo/Leitrim in 2021)
Miffy Hoad
Sligo/Leitrim (Cavan/ Monaghan in 2021)
Kim Doherty (joined in 2022 replacing Rachel Reilly) Cavan/Monaghan



CHO AREA 2

Teresa Keane
Mayo & Roscommon
Aine Hurley (joined in 2022 replacing Nicola Morley) 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



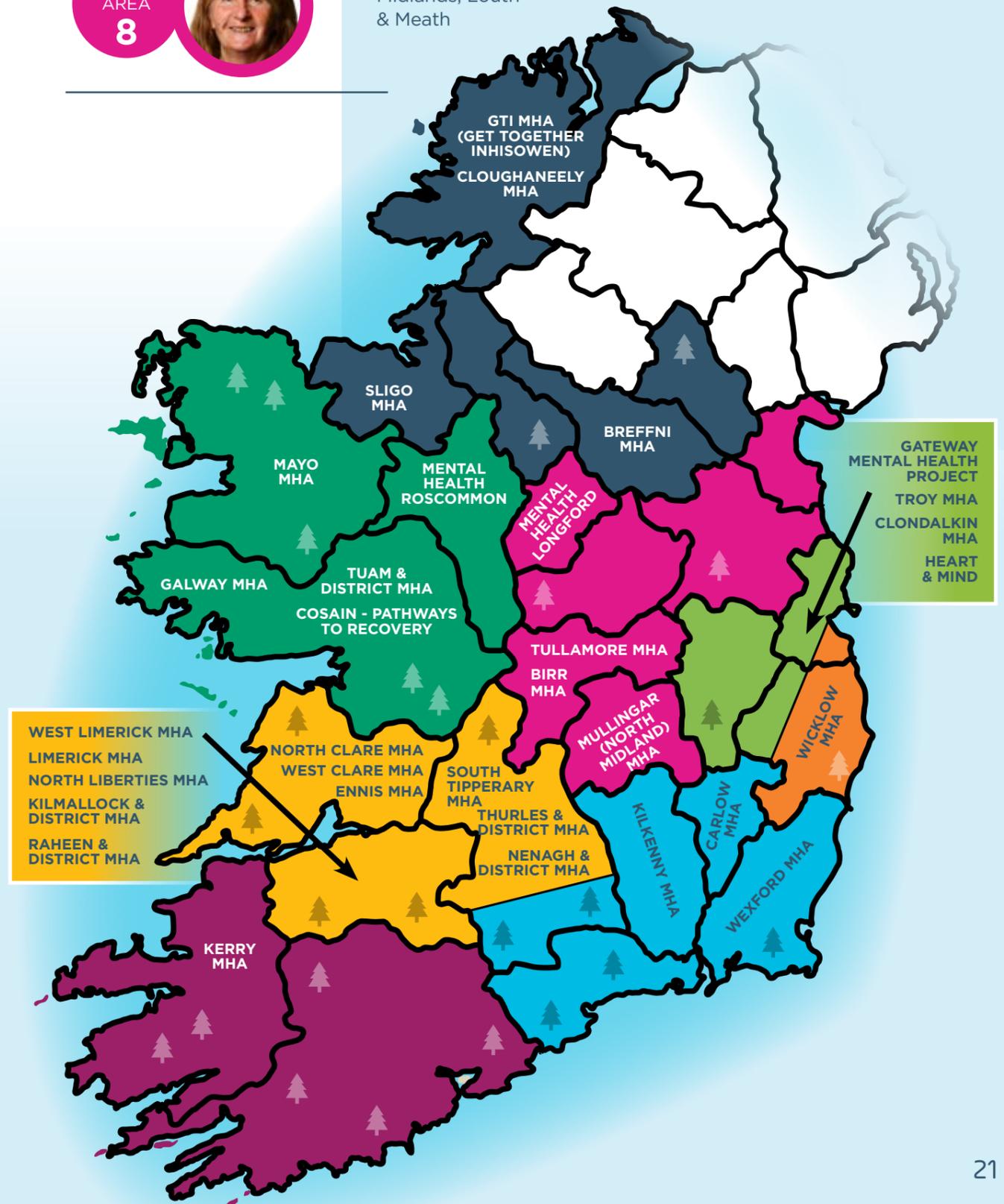
CHO AREA 7&9

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.

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

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



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

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

Delivering and coproducing local and national awareness raising initiatives, targeted education and training on a variety of mental health topics. In 2021, our Development Officers delivered various training programmes, webinars and workshops to a number of groups and organisations in the community including:

ETB; HSE; Sports Partnership; See Change; Carers Association; National Travellers Project; Men's Health Forum; County Councils; An Garda Siochana; Family Carers Ireland; Aontas; Donchas; Epilepsy Ireland; First Responders Service Providers; Social Farming Ireland; Special Olympics Ireland; Family Resource Centres; Irish Prison Service; Men's Shed; Department of Agriculture, Food and the Marine; Department of Health; Teagasc; Library network; CAMHS; UCD School of Nursing; Marie Keating Foundation; Neurological Alliance of Ireland; Institutes of Further Education; Jigsaw; Technological University of the Shannon; Midwest



A glance at some of the activities of the Mental Health Associations and Development Officers around the country in 2021



Despite the challenges of Covid, Carlow MHA managed to ask Hello, How Are You?



Carlow Mental Health Association were proud to be invited by Carlow County Council to represent the County at the IPB Pride of Place in association with Co-operation Ireland is an all-island competition that acknowledges the work that communities are doing all over the island of Ireland.



Carlow MHA members launch 2021 Mensana Fest in October – a unique blend of in-person and online events included a range of conversations, workshops and presentations which reached an audience, of an amazing 36 thousand people who were based locally, nationally and internationally.



Members of Carlow Mental Health Association (L-R) Marion Kelly, Theresa O Meara, Kathleen Chada (Chairperson), Olive Fanning, Jannette Kelly, Catherine Delaney.



In 2021, Development Officer Claire Flynn supported the activities of 10 MHAs in CHO 3. During World Mental Health Month in October, six MHAs hosted their own events, with some hosting multiple events across a week. Claire partnered on North Tipperary Mental Health Week Committee and Tipperary Mental Health Week Committee.



Our Development Officer for Limerick, Clare & Nth Tipperary Claire Flynn is the co-lead on a monthly webinar in partnership with Mid-West Aries, as part of their online programme.



The Lifelong Learning Festival 2021 in May had the theme 'New Futures, New Adventures in Learning' and hosted over 100 free online learning activities for people to enjoy.



DO Claire Flynn was invited to sit on Limerick Integration Working Group Committee, a group set up to identify issues and solutions for migrants and refugees in Limerick area. Other members of this group are Paul Partnership, Redemptorists Limerick, Mary Immaculate College, Limerick Sports Partnership, Doras and other Limerick NGOS and charities.



DO Claire Flynn is a participant of the Mental Health Strand of Migrant Health Research Prioritisation in Ireland. This is a Participatory Arts-Based Action Plan that identifies potential research areas that will work towards supporting migrant and refugees' mental health.



Cloughaneely MHA collaborated with Men's Shed for the Bird Box initiative with over 40 boxes being made and distributed to older people living alone in the area. Many recipients of the boxes loved alone and said they got great joy from feeding the birds.



Get Together Inishowen (GTI) is a social club for people in Inishowen who have used the mental health services. They were not able to meet up until October 2021 because of Covid, but have been meeting for weekly walks since then.



MHI Development Officer **Bill Vaughan** at one of the 10 Donegal Wellness Cafés in the county, established to invite people to meet and share a conversation. Bill sits on the planning group for Donegal Wellness Cafés and in 2021 was successful in accessing funding of €5000 to train facilitators for the Wellness Cafés.



Connect Mental Health in Ballyshannon provided mental health workshops for 28 people in Donegal and have created an online mental health fair called **Mind Your Melon** which was launched in October. This fair will be promoted to all schools within the county.



As part of World Mental Health Day in October, DO **Bill Vaughan** led the **Man I Am** webinar in collaboration with Men's Health Forum Ireland and Recovery College South East to celebrate and raise awareness of men's mental health. Watch full webinar here: https://www.youtube.com/watch?v=m_D-Ole_q6M



MHI Development Officer for Wicklow and South Dublin **Noeleen Wills** is the national lead for the coproduction of our Volunteer Strategy which will respond to the voluntary needs of the organisation. It will also address and promote volunteering opportunities, the recruitment process and available organisational support in any such roles.



Caroline Brogan, Development Officer for North Dublin, Kildare & West Wicklow, is the project lead for **Thrive Balbriggan**, County Dublin. Thrive, an international mental health movement, has been endorsed by the Mayor of Fingal, Seána Ó'Rodaigh and Annmarie Farrelly, CE of Fingal County Council and supported by the HSE health Promotion Dept. for CHO9 as well as local groups and organisations. The first two sessions **Thrive n' Conversations** were held in September, & the initiative will be developed throughout 2022.



Development Officers **Claire Flynn** and **Noeleen Wills** led the coproduction of **Menopause and Mental Health Webinar** to mark World Menopause Day on October 18th.



Our Development Officer **Noeleen Wills** is an active member of the management committee for **Gateway Mental Health Project**, a members led, peer-run social support mental health project based in CHO7 with over 350 members. Photo: Alan Betson for the Irish Times.



In 2021, DO **Nicola Morley** partnered with Galway Sports Partnership and HSE Suicide Prevention office on a health and wellbeing initiative; funded by Healthy Galway. The Community Health & Wellbeing Boards aims to promote the availability of a range of services and supports available both locally and nationally. This initiative involves placing the Boards in prominent areas of each clubs/community centre throughout Galway City and County.



To celebrate **Green Ribbon Month 2021**, DO **Caroline Brogan** attended the **IFA National Lets Talk & Walk** in Donadea Forest, Co. Kildare, representing MHI at the event along with representatives from Coillte, See Change and IFA.



Kerry Mental Health Association has welcomed the launch of the **Kerry Mental Health and Wellbeing Hub** which will improve the accessibility to mental health supports for young people in the county.



DO **Gina Delaney** is a member of the **STAN South Tipperary Action Network**, a group that connects community and statutory service providers. Gina co-ordinated and designed activities for World Suicide Prevention Day and World Mental Health Day in 2021.



Woodlands for Health is a nature-based intervention programme focused on green exercise in a forest setting. The voluntary programme has been developed specifically for those with mental health difficulties. It is supported by medical professionals complementing a positive mental health approach which is central to the role of Mental Health Ireland. Development Officer **Caroline Brogan** has supported two Woodlands for Health Programmes in Kildare (Donadea Forest) and North Dublin City (Raheny).



DO **Claire Flynn** joined the Steering Group for **One Million Stars Limerick** with the Hunt Museum, Adapt Refuge, Limerick Council and University of Limerick. Star Workshops were provided to community groups in Limerick City & County, and an exhibition launch was streamed live online and featured in local and national media. Read more: www.onemillionstarsireland.ie

Mayo Mental Health Fair
Mayo Mental Health Association
Mental Health ROSCOMMON

WEBINAR:
Developing resilience as we prepare to reboard a post-Covid world

Dr. Colman Noctor
 Colman is a Child and Adolescent Psychoanalyst and Psychiatrist. He has worked across a range of Child & Adolescent Mental Health Services both in Ireland and abroad and he has a wealth of personal and professional clinical experience.

Mayo Mental Health Fair in partnership with Mayo Mental Health Association, and Mental Health Roscommon are delighted to present this webinar for secondary school students.

The live launch will take place in classrooms across Mayo & Roscommon at 11am on May 5th. A recording of the webinar will be streamed for classrooms on May 12th, 19th & 26th at 11am.

Contact teresakeane@mentalhealthireland.ie for more info



Development Officer **Teresa Keane** was project lead for the development of **The Good Place App** with Mental Health Roscommon and HSE MH Services Roscommon. The project worked with Technology University of Shannon (TUS) with the goal to improve and expand awareness of mental health and wellbeing, recovery and crisis supports for the people of Roscommon. The app was launched in November and integrates high quality community and HSE supports in a one stop shop in an accessible format for everyone in the community. Download here: www.play.google.com/store/apps/details?id=com.app.goodplace

Mayo Mental Health Association, Mayo Mental Health Fair volunteers and Mental Health Roscommon delivered a webinar for young people called **Building Resilience** with child and adolescent psychoanalyst **Dr. Colman Noctor** discussed the impact of Covid on young people.



In 2021, Health Promotion Office **Lianne McManamon** led out on the **Moving Your Mind** project by Mayo Mental Health Association, Healthy Ireland and the HSE, introducing it to schools and local GAA Clubs in 2021.

HUMAN LIBRARY
 DON'T JUDGE A BOOK BY ITS COVER
 READ BETWEEN THE LINES

Join us for a virtual **Human Library Coffee Morning!**
Friday 15th October 11am
All welcome!

Mental Health Ireland

DO **Gina Delaney** worked with Waterford Occupational Therapists and representatives from Waterford WRAP Network and Waterford Libraries on a number of wellbeing and recovery initiatives in 2021, such as **Photography for Wellness** and **Human Library Coffee Morning** for World Mental Health Day. Gina is supporting the formation of a Mental Health Association in Waterford in 2022/23.

LIFELINKK PRESENTS
Family Fun Day in Nature

A free event to support mental health awareness
 Enjoy a few fun hours together outdoors in nature, on a scavenger hunt, then making Nature Art Mandalas...having relaxed single fun outdoors.

Castlecomer Discovery Park
 Sunday 14th November
 11.30am to 1.30pm
 Free bus leaves Auxiliary Hospital, Wall Town St at 11.30
 For more details visit www.cldp.ie

Development Officer for the South East, **Gina Delaney** is an active member of the **LifeLinkk**, a community group that connects community and statutory service providers, as well as a member of the Community Café sub group.



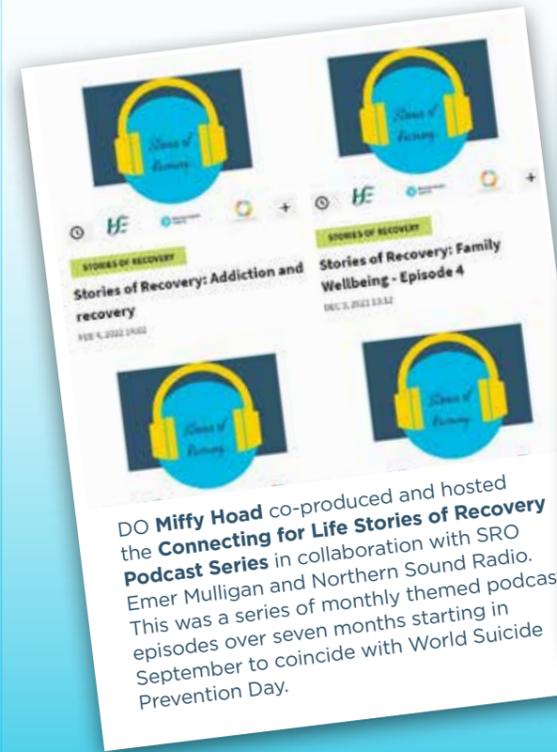
DO **Teresa Keane** led out on the compilation and publication of the **Directory of Services** by Mental Health Roscommon, Mental Health Ireland and the Roscommon Mental Health Services. 1000 copies were printed and distributed on World Mental Health Day.



DO **Teresa Keane** led out with Mayo Mental Health Fair & Mayo Mental Health Association on the **Hello, How Are You?** in May 2021, with a social media and road sign campaign. More than 64 signs were used on the approach and exist to seven town in Mayo.



DO **Miffy Hoad** is involved with the **Community Wellbeing Hub** for **Teach na Daoine FRC**, offering workshops and information sessions and supporting initiatives such as Connect Cafés and Five Ways to Wellbeing activities.



DO **Miffy Hoad** co-produced and hosted the **Connecting for Life Stories of Recovery Podcast Series** in collaboration with SRO Emer Mulligan and Northern Sound Radio. This was a series of monthly themed podcast episodes over seven months starting in September to coincide with World Suicide Prevention Day.



2021 was an important year for **Wexford Mental Health Association's Discover Recover Theatre Project** with the launch of a **Social Impact Study** by Minister Mary Butler in January. A showcase of the production was held in October with participation from two Wexford schools. A new steering group was formed, and funding was received to roll out the project to the students of Waterford.

NCCWN- Dochas For Women



DO **Miffy Hoad** delivered workshops 'Mind your Menopause' for local groups.



Miffy Hoad hosted the popular weekly **Mindful Moment** on Facebook Live, a guided mindfulness practice. Miffy also led the creation of the new **Mindfulness & Meditation** webpage for Mental Health Ireland in 2021.



Throughout 2021, **Development Officer Miffy Hoad** provided **Group Coaching for Social Prescribing Coordinators** which was funded by Slainte Care and piloted across Family Resource Centres in Cavan and Monaghan, Sligo, Leitrim and Roscommon



The **Music Programme** at **Wexford Mental Health Association** is delivered in conjunction with The Arts Ability Programme at Wexford County Council. The Arts Ability team of artists diversified designing participative and receptive activities for the programme that could still reach out to clients and staff.



DO **Miffy Hoad** supported 'Nature for Wellbeing Walks' for people living in **Direct Provision** centre in South Monaghan, in partnership with Monaghan Sports Partnership, Coillte, Monaghan Co Co Asylum, Migrant, Immigrant Fund, Monaghan Integrated Development, MHI.



DO **Miffy** is a member of the coproduction group for **One Million Stars to End Violence** (MHI, Tearmann Domestic Abuse Service, NCCWN Dochas for Women & Blayney Blades, Focus FRC, Mens Shed, Extern Traveller Primary Care, Traveller MHS, CYPSC, Super Valu supermarkets). Monaghan ICA and Clones & Belturbet Hen's Sheds have joined the project and ribbon for star weaving has been distributed to women living in St. Pat's direct provision centre in Monaghan Town. The project was nominated for Pride of Place Awards by Cavan Arts Council.



The **Great Places and Spaces, Wellbeing Map** for Children was officially launched by Minister Mary Butler on July 23rd in Min Ryan Park Wexford. Around 900 children were involved from 22 primary schools and youth organisations countywide. Read more: www.wexfordmentalhealthassociation.ie/great-places-and-spaces-project/



DO **Finola Colgan** coproduced and delivered **training and workshops** to a number of groups including NCBI, Marie Keating Foundation, Moocall Ltd. during National Ploughing Week, An Garda Síochána, Athlone IT, Neurological Alliance of Ireland during Brain Awareness Week and Midland Prison Service.



'Positive Mental Health Podcasts' was a partnership set up by **Development Officer for Mayo Teresa Keane** on behalf of Mental Health Ireland and Mayo Mental Health Association in partnership with **Midwest Radio** in 2018. Since 2020 this broadcast has gone from weekly broadcast of 5-minute positive mental health messages to a daily 90-second broadcast throughout 2021.



Development Officer **Gina Delaney** is a **Family Peer Support Worker** and a member of the Family Recovery Advisory Group.



Development Officer **Fiona Colgan** hosted a Facebook Live webinar at the Adult Education Officer/Career Counsellors and Adult Learners Wellbeing Seminar with Dr. Paul Gaffney as part of **Aontas - Adult Learner Festival in March**.



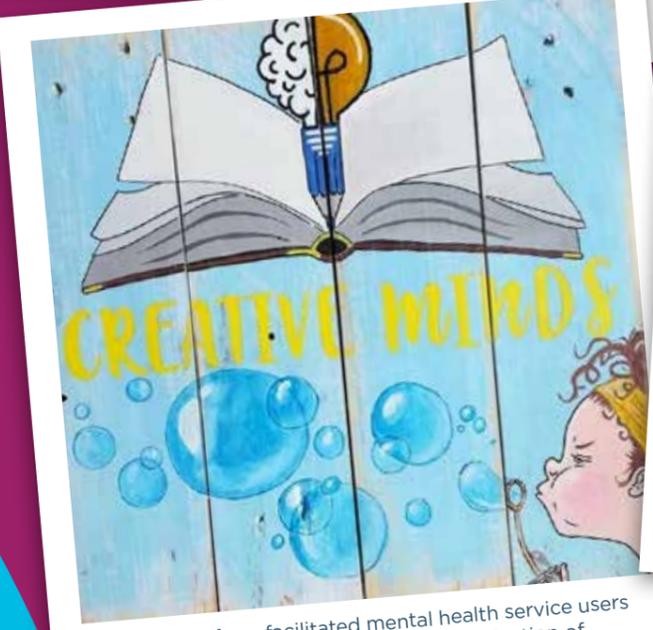
Wicklow MHA hosted a **Five Ways to Wellbeing Walk & Talk** in the beautiful Avondale Forest Park on October 10th to mark World Mental Health Day.



Development Officer **Finola Colgan** co-ordinated and implemented the **'Hello, How Are You?'** campaign for counties Westmeath (partnered with Mullingar MHA) and Meath, partnered with MHI and Meath Partnership Company.



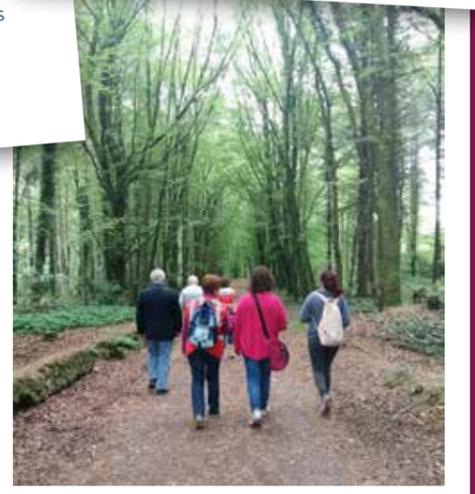
Finola Colgan supported **'Our Vision, Our Voice'**, a collective photography project examining themes relating to mental health in Ireland. The online creative sessions were facilitated by social artist Rosaleen Heavin and supported by Mullingar MHA and HSE Mental Health Services OT Team.



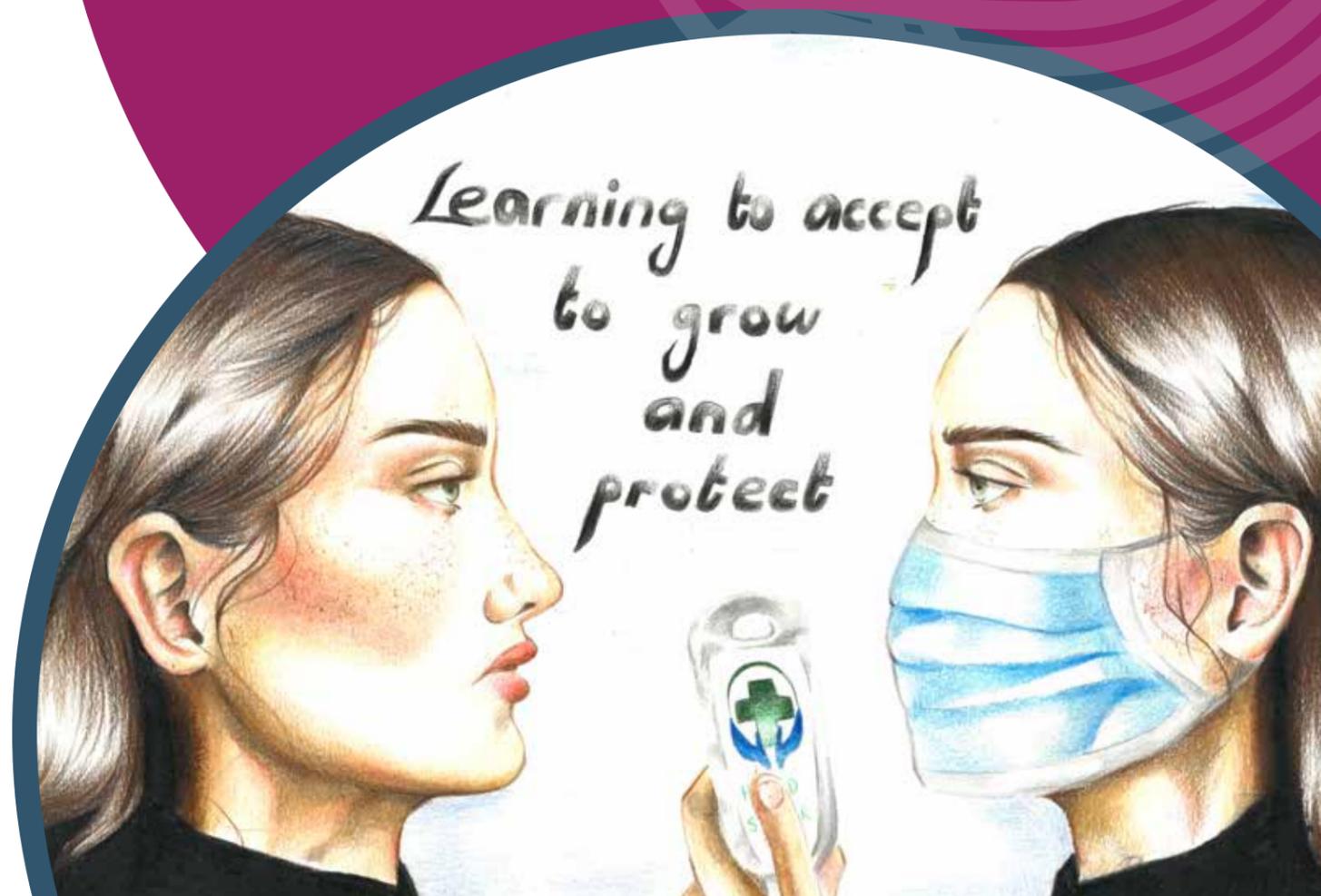
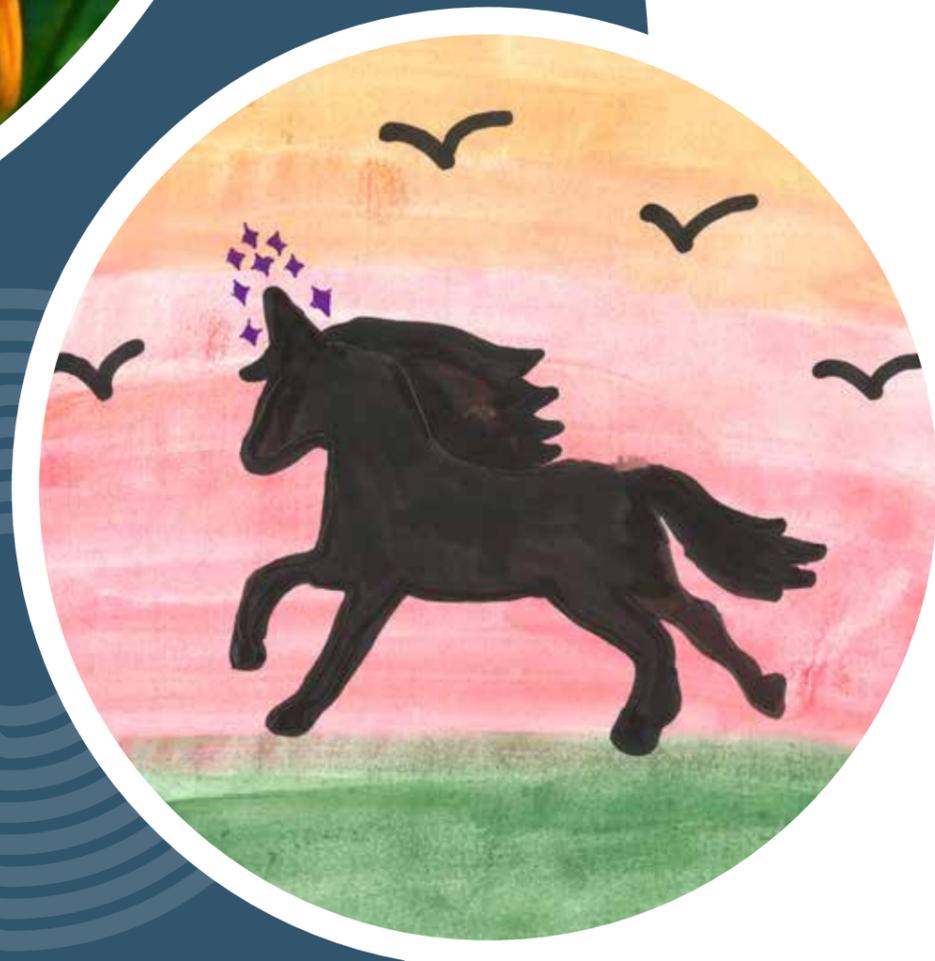
DO **Finola Colgan** facilitated mental health service users **online sessions** and co-ordinated the publication of the **Athlone Creative Expression Writers Group Book** - circulated through the Westmeath Independent with funding received from Athlone Rotary Club.



A member of the farming community, DO **Finola Colgan** is on the coproduction team for **On Fheirm Ground**, an initiative developed by the **Irish Men's Network** to develop training programme for **Teagasc Farm Advisers** to support them how to respond to mental health issues when necessary.



In 2021, three new **Woodlands for Health centres** were established in Counties Laois, Longford and Westmeath with walks held weekly from mid-October to first week in December.



Recovery

“...likened to a process of discovery, wherein the individual discovers new strengths and insights and of rediscovery whereby the individual reclaims aspects of themselves and their lives which they thought they had lost.”

(MHI Strategic Plan 2022-24)

Coproduction & New Initiatives

Throughout 2021, Mental Health Ireland built upon its close working relationship with the HSE's National Office for Mental Health Engagement and Recovery and created new opportunities for Recovery Educators, Peers and people with lived experience.



Galweg Café

A number of major new initiatives funded by the HSE's Office of Mental Health Engagement and Recovery created new employment opportunities for people with lived experience in the coproduction and facilitation of Recovery Education services and community-based projects such as the Galweg Café.

A growing network of Recovery Colleges, Recovery Educators, Family Recovery Workers and Community Connectors bring their lived and family experience to their work and illustrate the vital contribution people in recovery can make.

Mental Health Ireland continues to work in partnership with the HSE on the following projects: Service Reform Fund (SRF) Project, ARIES (HSE Mid-West CHO 3), Recovery Education Service (CHO 6) National Forensic Mental Health Services (NFMHS - CHO 6) Recovery College Mayo (MMHS CHO 2), REGARI - Roscommon/East Galway Mental Health Services (CHO 2), Recovery College South East (CHO 5) and MindSpace Mayo (CHO 2). Recovery Education Service (CHO 7), Recovery Education Service (CHO 8).

We continue to work in creative and collaborative ways to support recovery. For example, in 2021, a six-week online programme titled '**New Shoots: an exploration of personal growth through photography**' was delivered as a collaboration between Mental Health Ireland and Occupational Therapy, Waterford Mental Health services. This programme was created and facilitated by visual artist Rosaleen Heavin, occupational therapist Eileen Byrne and occupational therapy student Kate Quinlivan.

Cracks Beauty Beneath - Emma Jane



We are active members of *Mental Health Reform, Green Ribbon, Irish Charities Institute, Family Carers Ireland, The Wheel, First Fortnight* in Ireland and internationally 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 *Irish Council for Civil Liberties* spotlights cultural awareness and diversity.

International Collaboration



“
I thrive on bringing people together to promote mental health, wellbeing & recovery.”

CATHERINE BROGAN
PRESIDENT, MENTAL HEALTH EUROPE
DEPUTY CEO, MENTAL HEALTH IRELAND

MENTAL HEALTH EUROPE

During 2021, Mental Health Ireland’s Deputy CEO, **Catherine Brogan** was elected President of Mental Health Europe. Mental Health Ireland’s success and expertise in coproduction and inclusion is now recognised across Europe.



SLOVAK REPUBLIC CONFERENCE

In October 2021, Mental Health Ireland was invited to the Slovak Republic Conference: **How to Improve Mental Health in Society.**

Catherine Brogan, Deputy CEO of Mental Health Ireland and President of Mental Health Europe presented as a key note speaker to members of the Slovakian government and cofacilitated a workshop on **‘The Power of Coproduction in Mental Health Recovery’**, with two other members of the Mental Health Ireland team, Sonia Rennicks, Head of Education, Training and e-Mental Health and Gina Delaney, Development Officer. The workshop was attended by attendees from across Slovakia and break out groups were managed by a team from the Recovery colleges in Ireland.

Participants learned more about the Irish experience of recovery and coproduction, the process of coproduction and worked to identify actions to progress coproduction locally in their organisations and communities.

Since the conference and workshop, the Slovakian government have committed to coproduction and recovery as a way of working in mental health and have confirmed dedicated substantial funding for Peer Support Workers in their mental health services.



Research

“Our work in promoting mental health, wellbeing & recovery is underpinned by a strong evidence base. It’s our ability to bring new thinking and new hope to communities that makes Mental Health Ireland unique.”

(Martin Rogan, CEO, MHI
Strategic Plan 2022-24)

Being an evidence-informed and knowledge-sharing organisation is an important aspect of Mental Health Ireland’s new strategy.

Mental Health Ireland took steps in 2021 to identify the capacity to develop a research and policy function, recruiting **Dr. Fiona Keogh** in May 2021 as Director of Policy and Research.

An important part of the new role is to enhance the capacity of Mental Health Ireland to contribute to discussions and consultations around new mental health policy, legislation, and other relevant developments. During 2021 we:

- Commissioned **Red C** to conduct a national survey on the mental health impact of Home Schooling on Irish parents and families in the context of the COVID-19 pandemic. This type of real-time research helps to inform public policy and decision making. Find the survey here: www.mentalhealthireland.ie/home-schooling-poll/
- Participated in a round table discussion and subsequent interview on dual diagnosis organised by our partners at Mental Health Reform to inform HSE work on Dual Diagnosis Model of Care. This contributed to research which was published by Mental Health Reform. Read more here: www.mentalhealthreform.ie/wp-content/uploads/2022/05/Dual-Recovery-Executive-Summary.pdf
- Appeared before the Joint Oireachtas Committee on Health and the Sub-committee on Mental Health on 22nd September. There was significant coverage of some of the issues raised on radio, print media and social media.
- Participated in a focus group as part of the Mental Health Commission consultation on physical restraint and seclusion. (October)



Dr. Fiona Keogh

As part of the process of contributing to the evidence base and examining its own work, Mental Health Ireland commenced evaluations of new and existing programmes in 2021:

- The **Family Education Programme** has been running since 2020 and has been delivered largely online due to COVID-19. We were keen to evaluate this programme and learn from the delivery so far, to identify the impact on participants, to identify gaps and areas for potential improvement. Following a procurement process Red C were successful and will commence the evaluation in mid-January 2022.
- During 2021 evaluation plans for new programmes were developed, including the **Thrive** initiative and the **Hello, How Are You?** campaign.

Coproduction is an important hallmark of the work of Mental Health Ireland. Coproduction in research is often referred to as Person and Public Involvement or PPI. Mental Health Ireland is working in partnership with the HSE to further develop PPI so that all voices can participate and be heard in mental health research.



Education, Training & e-Mental Health

“Our work in promoting public awareness and understanding through training, community development and in partnerships, is central to our success.”

(Martin Rogan, CEO – MHI Strategic Plan 2022-24)

2021 saw sustained growth in demand for high quality education, training and e-mental health from local communities, the education sector, fellow NGOs and the business sector. Mental Health Ireland became leaders in the non-profit sector online space, not only coproducing our own successful online events but becoming go-to partners for a vast range of other agencies, under the leadership of Sonia Rennicks, Head of the Education, Training & e-Mental Health Department.

Education

Mental Health Ireland is proud to partner with University College Cork, Dublin City University, National University of Ireland, Galway and Galway-Mayo Institute of Technology to offer four third level certificate courses which support the promotion of positive mental health, recovery and peer support working.

TONY LEAHY BURSARY PROGRAMME

Finance can be a very real barrier to accessing education and recovery. Mental Health Ireland's **Tony Leahy Bursary Programme** can provide up to 50% of the Course fees for eligible 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 supported participants studying at UCC (QQI Level 6 Certificate in Mental Health in the Community), DCU (QQI Level 8 SPA Certificate in Peer Support Working), NUIG (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 2021 we added two new courses to the Tony Leahy Bursary Programme, the new **GMIT Certificate in Peer Support Practice** and the new **DCU Certificate in Trauma Informed Practice in Health and Social Care**. Our support of these new courses and the students in their first year forms a stronger base from which the courses can grow and gives Mental Health Ireland the opportunity to influence the National dialogue on recovery at its fledgling stages in education.

In 2021, we supported 72 new recipients of the MHI Tony Leahy Bursary Programme to the value of €71,395.

Mental Health Ireland
Tony Leahy Bursary

Mental Health Ireland's Tony Leahy Bursary supports a number of students each year on specific courses in mental health promotion, recovery and peer support working.

The Bursary prioritises peers / people with lived experience of mental health challenges, family members and supporters.

Bursaries for successful applicants are up to 50% of course fees. Special category bursaries of up to 100% of course fees are available to successful applicants who are members of the Traveller community and those who identify as an international protection applicant, or a person granted international protection or a person who has been granted Discretionary Leave to Remain (DLR). Terms & Conditions apply.

Applications for the Tony Leahy Bursary are invited from students or prospective students of the below courses:

- Certificate in Peer Support Practice (Level 8), GMIT
- Certificate in Mental Health in the Community (Level 6), UCC
- Certificate in Peer Support Working in Mental Health (Level 8), DCU
- Postgraduate Certificate in Mental Health Promotion (Level 9), NUIG

For more info, TBCs and to apply go to:
www.mentalhealthireland.ie/education

MENTAL HEALTH & WELLBEING COACHING

MHI supported 20 people from our own team in MHI, Peer Support Workers, Recovery Educators and Community Partners to gain their Advanced Diploma in Mental Health & Wellbeing. We are delighted to have continued our Partnership with Paula King and Ed Boland, Kingstown College and pivoted the programme onto an online platform to facilitate the continuation of this really important skill set.

MENTAL HEALTH IRELAND KEVIN PLUNKETT AWARD



2020 had originally been designated as the International Year of the Nurse, but the pandemic overshadowed this celebration. 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 reform during his lifetime.

Training

We continued to develop new training partnerships, new workshops and programmes, and coproduced bespoke iterations of our existing suite of training programmes.

WORKPLACES

Virtual Connect Café

The aim of the Virtual Connect Café is to open up conversations to help us connect with ourselves and with our colleagues.

Numbers: Max 16 recommended
For who?: All staff
Cost: Free to host your own (more info here) or €300 for MHI facilitator
Duration: 1 - 1.5 Hours
Venue: Online via Zoom / MS Teams
 To book email training@mentalhealthireland.ie

Five Ways to Wellbeing WEBINAR

The aim of the webinar is to provide participants with:

- A brief introduction to the concepts of mental health and wellbeing.
- An improved understanding of how we can look after our wellbeing during Covid-19.
- An understanding of how to incorporate the Five Ways to Wellbeing as a healthy coping strategy into our lives.

Numbers: Up to 500
For who?: All staff
Cost: €200
Duration: 1 Hour
Venue: Online via Zoom
 To book email training@mentalhealthireland.ie

Royal College of Surgeons SIM Centre for Simulation Education and Research

In 2021, Mental Health Ireland proudly partnered with the Royal College of Surgeons SIM Centre for Simulation Education and Research on a successful application for funding of 267K from the charity Movember.

The funding, part of a €5m Veterans and First Responders Mental Health Grant Program, was the only project selected from the Republic of Ireland for this funding. This partnership will now see us coproduce, pilot and evaluate a programme called SAFER Families/Friends, aimed at supporting the mental health of first responders via their close support networks.



An Garda Síochána

Another key training partnership in 2021 was with An Garda Síochána. Following the coproduction of an online module for use on the Garda Internal Training Portal, the module was given a second life and was included in the new Certificate in Policing and Human Rights Law, a bespoke course developed by An Garda Síochána, University Limerick and Community Partners, ranked at Level 8 on the National Framework of Qualifications (NFQ). It is the first of its kind and has attracted interest from other international agencies and police services. 550 members of An Garda Síochána graduated from the course.



Special Olympics Ireland

2021 also saw a partnership between Mental Health Ireland and Special Olympics Ireland & Eur-Asia, with the coproduction of a five-week mental health promotion programme for athletes to be facilitated by Special Olympics Health Messengers. 2022 will see the pilot and International roll out of the programme.



NCBI Vision Awards 2021

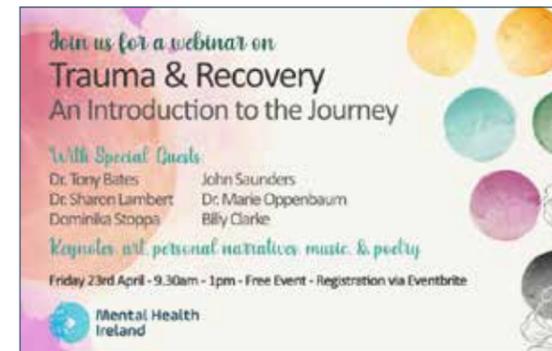
We were very proud to be nominated for the NCBI Vision Awards 2021 in the 'Visible Difference' Industry category. The Industry Award recognises exemplary contribution by a company or organisation in creating an inclusive approach for people who are blind or vision impaired.



Our approach to training in 2021 followed best practice in mental health promotion, where we have taken a more in-depth, evidence based, partnership working approach which will leave a legacy of greater impact than once off single serving workshops. In 2021, this included partnerships with the farming community, Traveller community, family carers, prison populations, persons with disabilities, intercultural communities, frontline staff and a strong presence in workplaces and community settings.

e-Mental Health

In 2021, Mental Health Ireland coproduced and hosted a number of national webinars to celebrate key campaigns and dates, to raise awareness of important issues and to spark conversations that have the power to ignite change.



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**
- **6-week Mental Health & Family Caring**
– Supporting the Supporters Programme

WORKPLACES

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Numbers: Max 16 recommended
For who?: All staff
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Numbers: Up to 500
For who?: All staff
Cost: €200
Duration: 1 Hour
Venue: Online via Zoom
To book email training@mentalhealthireland.ie

WEBINARS HOSTED BY MENTAL HEALTH IRELAND IN 2021	Live Viewers	Recording Views
Trauma & Recovery – An Introduction to the Journey	424	1,200
Discover/Recover Theatre Project: A Social Impact Study Launch	120	135
Mental Health Ireland Family Recovery Online Resource Launch	53	545
Woodlands for Health Reboot	130	644
The Man I Am – Men’s Mental Health	232	586
Human Rights and Mental Health – An Introduction & Explanation (Online event rather than public webinar)	Event not recorded due to type of event	
Menopause and Mental Health	105	830
MindOut in Mayo Evaluation Launch	138	250
Creativity for Wellbeing Workbook Launch	100	375
Traveller Christmas Creativity Competition Prizegiving	118	390
Compassionate Support for Anxious Children & Teenagers	340	342
Adult Education & Wellbeing	60	214
Retirement & Wellbeing	14	90

These workshops were facilitated by our Development Officer Team and QQI accredited Trainers during 2021. These programmes have been designed to provide participants with the knowledge and understanding necessary to nurture and enhance mental health and wellbeing.

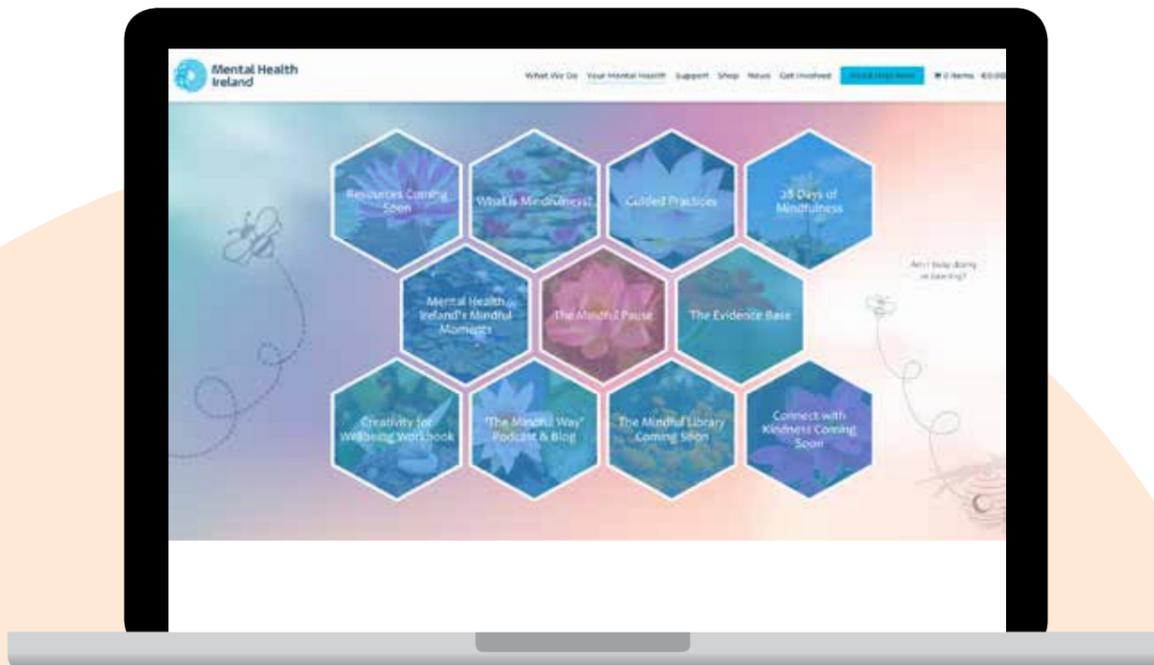
We created new webpages to promote new areas of our work and to provide support and engagement to the public.

NEW WEB PAGES IN 2021	Page Views
Family Recovery (6 Pages)	1,939
Mindfulness for Wellbeing (10 Pages)	4,536
World Mental Health Day 2021	8,783
Mental Health Ireland Strategy 2022 - 2024	1,211
Trauma & Recovery	1,895
New Shoots Exhibition	662
Hello How Are You Holding Page	520
Christmas Wellbeing Calendar	4,398

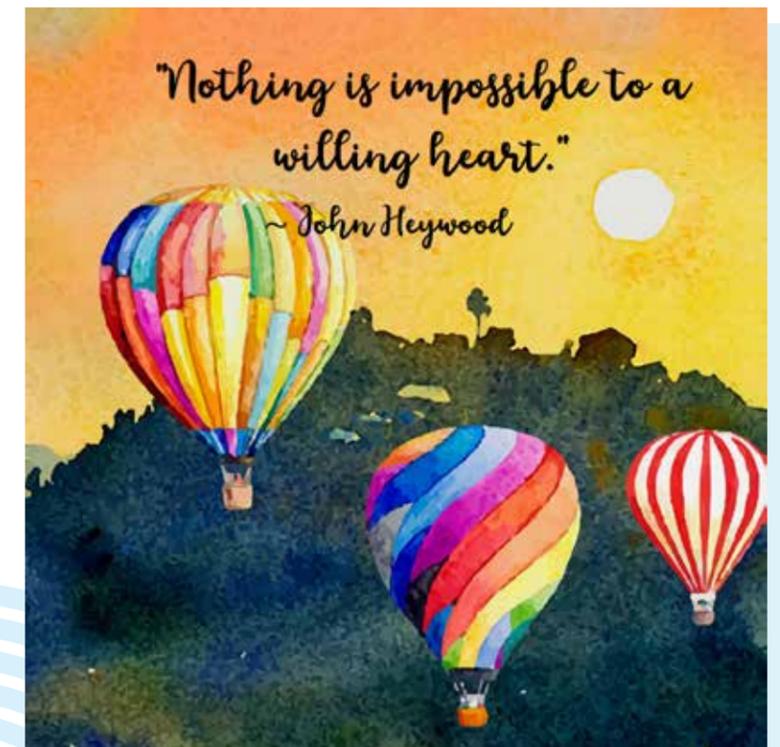
Training, Recovery & Mental Health Promotion Resources

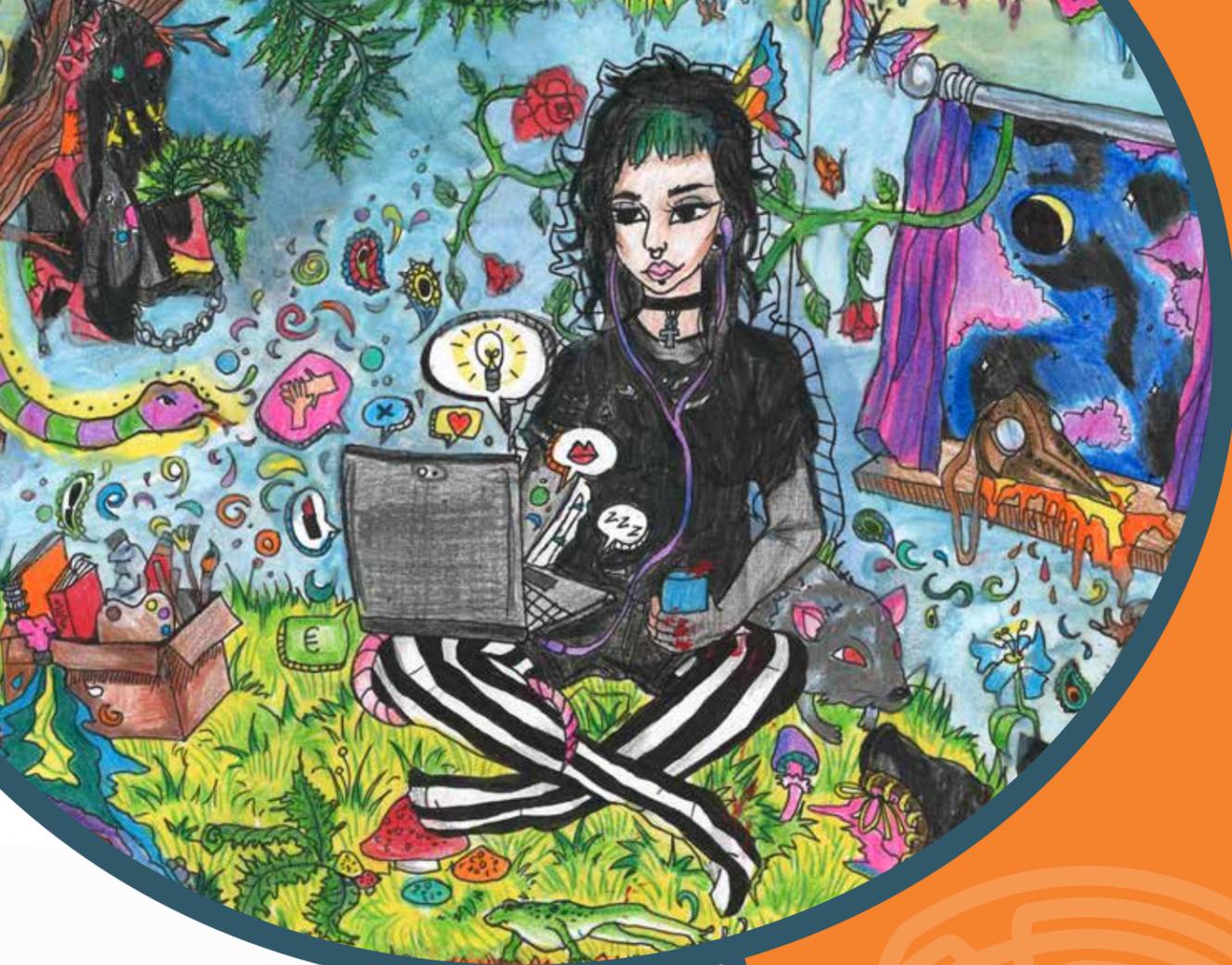
One of the key resources we coproduced in 2021 was the very successful 'Creativity for Wellbeing Workbook'. 1,894 copies sold in December 2021 after launch.

We worked closely with Peer Educators, Development Officers, Kingstown College, and Professional Artists to create a self-directed training resource people can use to self-coach, goal set and self-care. Orders for the workbook have been very healthy with bulk orders coming in from Universities, Family Resource Centres, Addiction Services, Youth Services and more.



Mindfulness for Wellbeing





We rise by lifting others



Reach and Engagement

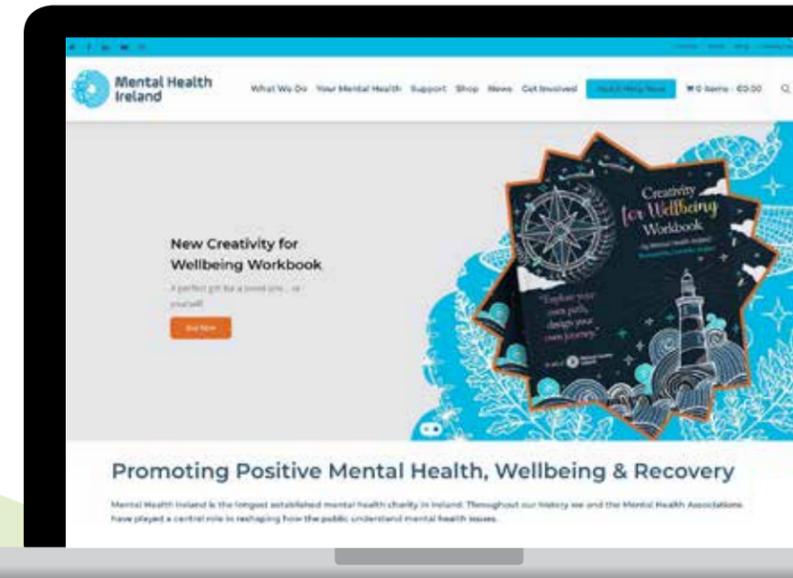
“We are committed to ensuring that the work of Mental Health Ireland is representative and inclusive of and accessible to the society we live in.”

(MHI Strategic Plan 2022-24)

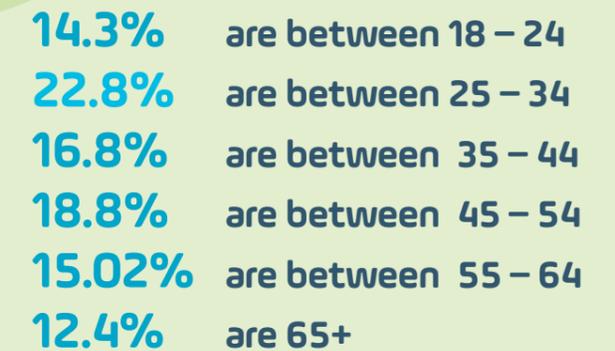
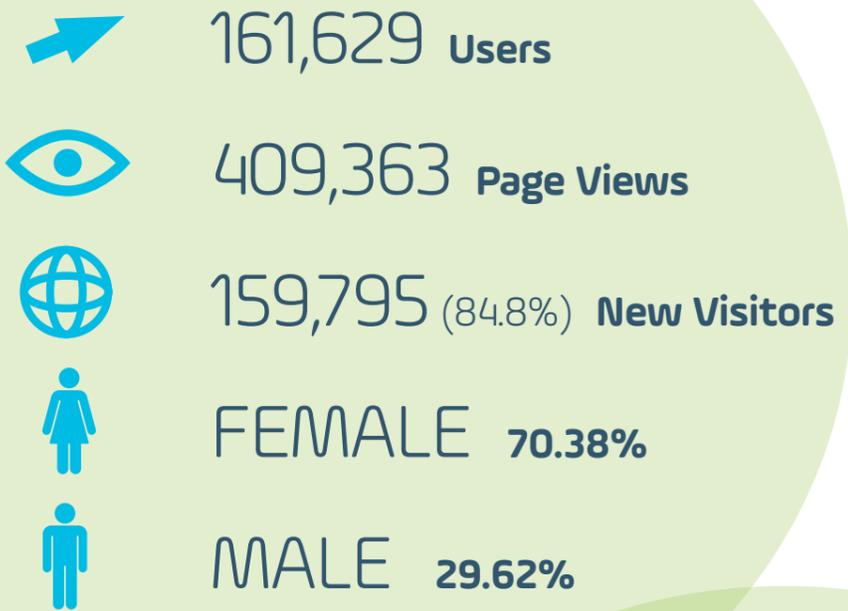
Online Engagement

Following the urgent digital transition of much of our work during 2020, we continued to learn how to reach more people and engage with new followers through online communication.

Our goal is always to be a consistent, supportive and reassuring voice for the public by creating and coproducing new multi-digital mental health resources and content, by sharing the stories of those who have much to teach us, and by working with local and national media to deliver evidence-based information and supports.



Our website is a dynamic platform, constantly evolving and telling the story of the work we're doing.



HOW VISITORS FOUND US

- 60.5%** **Organic search**
Visitors searching for words including mental health references
- 19.3%** **Direct**
Visitors searching for Mental Health Ireland directly
- 7.4%** **Paid**
Visitors clicking on links to the site via social media
- 6.7%** **Social**
Visitors clicking on links to the site via social media
- 5.5%** **Referral**
Visitors arriving in a link on another website
- 0.7%** **Email**
Visitors clicking on links to the site via our newsletter

SOCIAL MEDIA (2021 figures recorded on 31.12.21)

6.73k total increase

-  Twitter followers: **24.1k (+2.2k)**
-  Facebook: **23.58k (+1.93)**
-  Instagram: **11.6k (+2.6k)**
-  YouTube: **33.6k Views** (1k Hours Watch Time)

NEWSLETTER

In 2021, Mental Health Ireland sent 12 newsletters to an audience of over 19,100 subscribers.

Mental Health Ireland in the Media

In 2021, Mental Health Ireland worked with local and national broadcast, digital and print media to promote mental health and recovery and inform articles to support balanced, accurate and respectful reporting of mental health topics and stories.

In December 2021, our Communications Manager Carmen Bryce joined the panel of judges for the Headline Mental Health Media Awards – an event that recognises excellence in media coverage of mental health and celebrates work that brings to light challenging stories of mental ill health.



Fundraising

“Through new discoveries, new ambitions and focused efforts we can at last be much more optimistic about mental health for individuals, family and friends, community and our society.”

(MHI Strategic Plan 2022-24)

Coming into 2021 on the back of a fundraising total of €312,746.00 for 2020, it was understood that proceeding years would be less comparable given the fringe scenario that COVID-19 brought.

The exceptional generosity of the public during the pandemic and the upward trend of Facebook fundraising was a phenomenon.

Georgina Lawless joined as the Communications & Fundraising Officer in April 2021 and in 2022, stepped into the role of Fundraising, Engagement & Volunteer Manager with clear objectives with the aim of growth and sustainability.



Georgina Lawless

- 2019** There was a spend of €29,561 of which approximately €13k can be disregarded down to a once-off donor acquisition programme.
- 2020** There was a spend of just over €8,000 where investment remained low as generosity peaked during COVID-19.
- 2021** There was a spend of just over €16,000 of which more than 80% was on Facebook advertising through September and October which in turn raised €50,292.

Where your support goes: -

- Free mental health awareness training for community groups and free printed mental health information resources, including this publication, for community groups.
- Scholarships for people with experience of mental distress and their families and supporters towards their participation on a range of third level mental health and recovery promoting courses through our Tony Leahy Bursary Programme.
- The development of a free 'Coaching for Recovery' module for community groups and the delivery of our Mental Health & Family Caring: Supporting the Supporters programme for people in supporting/ caring roles across Ireland. This is provided free of charge.
- Projects led by Mental Health Ireland's network of Mental Health Associations and their volunteers, who promote mental health and support recovery at community level through innovative and collaborative projects.
- National mental health promotion campaigns aimed at reducing stigma, encouraging talking about mental health, building resilience, and promoting early help-seeking.
- Our partnerships with priority groups; groups and communities who are statistically more likely to experience poor mental health for a variety of reasons including discrimination, economic and environmental factors, and a lack of access to supports.



Governance and Accountability

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

(MHI Strategic Plan 2022-24)

STRUCTURE, GOVERNANCE AND MANAGEMENT

To deliver on our mission, Mental Health Ireland ensures that we have the structures, systems, processes and resources in place to maintain public and funder confidence, sustain our programmes and operate in a fully transparent manner. Through continuous development and evaluation, Mental Health Ireland’s aim is to develop a sustainable, agile and fit-for-purpose organisation which is enabled to leverage the opportunities presented in our strategy. You can read more about Mental Health Ireland’s Structure, Governance and Management in the Director’s Report in this Annual Report.

MENTAL HEALTH IRELAND BOARD

In April 2021, following an open call/expression of interest process with two online consultation meetings, new members were identified. All Board Members are volunteers and the organisation greatly benefits from their expertise, insights and commitment. Directors serve an initial three year term and may commit to a second term of three years. The total number of Board members is 12 and Board meetings are held bi-monthly.

GOVERNANCE & RISK COMMITTEE

Mental Health Ireland’s Governance and Risk Committee is chaired by the Vice Chairperson of the Board. The Governance Committee also reviews risk management at its meeting and a comprehensive risk register has been compiled and is regularly reviewed and updated. A detailed board effectiveness review was conducted during 2021 and its recommendations will guide future decision-making structures and processes.

MENTAL HEALTH IRELAND ANNUAL GENERAL MEETING

The AGM was held online on 29th of May 2021 with 51 attendees.

HUMAN RESOURCES AND RECRUITMENT

During 2021, Mental Health Ireland recruited new capacity, skills and expertise in communications and fundraising, policy and research, mental health promotion, education, training & e-Mental Health and human resources. Supported by the Health Service Executive, Mental Health Ireland was able to recruit two new Development Officers to serve Counties Dublin, Kildare and Wicklow, the most populous areas in Ireland.

The staff handbook is reviewed regularly to ensure Mental Health Ireland is compliant with the latest legislative requirements. Mental Health Ireland uses the services of an external HR consultancy, Adare Human Resource Management to advise on HR issues. To ensure staff wellbeing, all employees have access to an Employee Assistant Programme, this confidential support service is operated by Inspire NI. All Mental Health Ireland staff and Volunteers are Garda Vetted to safeguard children and vulnerable adults.

CHARITY REGISTRATION

During 2021, 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 completes lobbying returns as required.

Looking Ahead



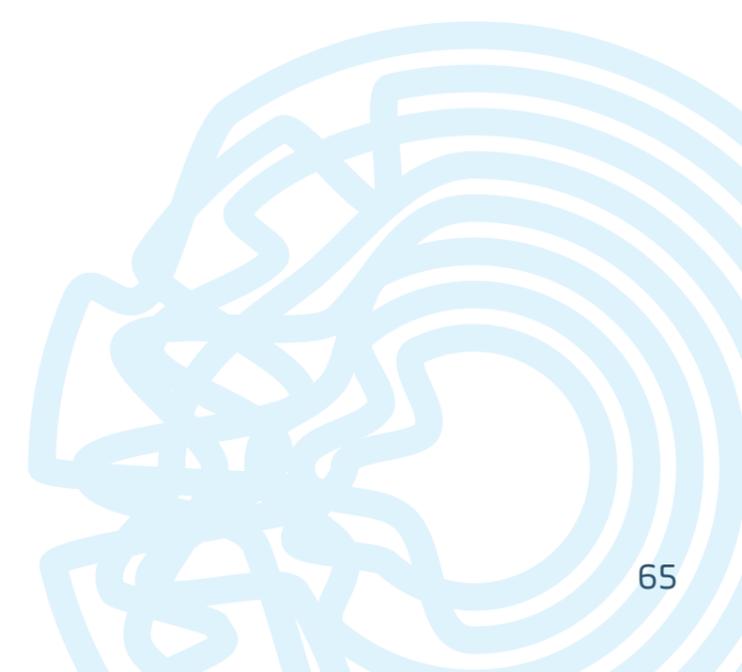
In 2022, we will continue to implement and review our organisational strategy as a framework for departmental strategies, projects and partnerships.

In May 2021, Dr Fiona Keogh was appointed as Director of Policy and Research to help to shape and inform national policy. This work has involved a number of presentations to Joint Oireachtas Committees, Public Policy Forums inputs and a comprehensive submission on reform of the Mental Health Act. The intention is to continue and enhance this work further in 2022.

Mental Health Ireland plans to further develop PPI (Public Patient Involvement) models so that all voices can actively participate and be heard. Being an evidence-based and knowledge-sharing organisation is an important aspect of the new strategy.

Given the significant growth achieved in 2021, a key task for the year ahead is to consolidate the progress made in the past year 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 is 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.



Director's Report and Financial Statements

Directors Report and Audited Financial Statements
for the financial year ended 31 December 2021

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	<p>Pat Bracken</p> <p>Pauline Burke (Elected May 29th 2021)</p> <p>Kathleen Chada (Elected May 29th 2021)</p> <p>Denis Creedon (Resigned May 29th 2021)</p> <p>Ciara Gillespie (Elected May 29th 2021)</p> <p>Eilish Kerrisk</p> <p>Colm Murphy (Resigned May 29th 2021)</p> <p>Ruairi Mulrean</p> <p>Colman Noctor</p> <p>Robert O'Connell</p> <p>Anthony O'Boyle (Resigned May 29th 2021)</p> <p>Ann Sheridan (Elected May 29th 2021)</p> <p>Sushil Teji (Elected May 29th 2021)</p>
Company Secretary	Alma O'Brien
Auditors	<p>JPA Brenson Lawlor</p> <p>Brenson Lawlor House</p> <p>Argyle Square</p> <p>Morehampton Road</p> <p>Dublin 4</p>
Bankers	<p>Bank of Ireland</p> <p>Smithfield</p> <p>Dublin 7</p>
Solicitors	<p>Partners at Law</p> <p>Dun Laoghaire</p> <p>Co. Dublin</p>
Business address / Registered Office	<p>Marina House</p> <p>11-13 Clarence Street</p> <p>Dun Laoghaire</p> <p>Co. Dublin</p>

Director's Report For year ended 31 December 2021

The Directors present their annual report and audited financial statements of the company for the financial year ended 31st December 2021.

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 mission is to promote positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, and supporting people who experience mental health difficulties on their journey of Recovery.

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 April 2021, work began on its successor strategy '**Mental Health for All, Hope, Strength and Action 2022-2024**'. Lead by Catherine Brogan, Deputy CEO, a 22 member national coproduction working group developed key themes and consulted widely with volunteers, members, partners and funders to refine the final document. The Board approved the draft strategy at the October 2021 meeting in anticipation of a November launch 2021. Unfortunately this launch event had to be postponed due to COVID-19 public health precautions.

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:

<https://www.mentalhealthireland.ie/strategy>

ACHIEVEMENTS AND PERFORMANCE

2021 was a challenging year, with periods of extended lock-downs necessitated by the COVID-19 pandemic. Our staff responded positively to this challenge and adopted new work practices, remote working and adapted very successfully. While working under these constraints, they managed to co-produce and develop a number of new platforms for engagement, training and hosted a large number of webinars, podcasts and interactive online resources.

Major new initiatives funded by the HSE's Mental Health Engagement and Recovery Office were creating new employment opportunities for people with lived experience in the coproduction & facilitation of Recovery Education services. As in the previous year, many of Mental Health Ireland's programmes had to be modified and adapted in the context of intermittent and protracted periods of lockdown associated with the pandemic during 2021. Our Service Arrangements with funders required adherence to all public health measures and our staff and volunteers must be commended for their flexibility and creativity in responding to these limitations. Pivoting to digital delivery channels proved to be a lifeline throughout 2021. This was supported by the appointment of a Head of Education, Training & e-Mental Health in January 2021.

A number of established programmes were disrupted by vital public health measures and had to be modified before being re-introduced.

Promoting Positive Mental Health and Wellbeing

Our methodology in promoting positive 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 and disseminate evidence-based mental health promotion activities and tools for use in local communities.

In May 2021, a new Mental Health Promotion Manager, Jo Donohoe was appointed and in September 2021, our Mental Health Promotion Officer Mary Cummings took up her post. Mental Health Ireland has actively contributed to the Health Service Executive's mental health promotion plan which will be launched in 2022. This plan is built on a strong evidence base and will require a skilled workforce to advance and realise all its recommendations.

Mental Health Ireland recognises its 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 National University of Ireland in Galway ('NUIG') to support the development of a Level 9 Post Graduate Course in Mental Health Promotion.

In 2021 the second cohort of 25 Graduates completed this course and a third intake began in September 2021. This Course is internationally unique and aims to build a skilled workforce of practitioners to develop and deliver the next generation of high quality, mental health promotion programmes.

Number of Graduates from the NUIG / MENTAL HEALTH IRELAND Post Graduate Course in Mental Health Promotion in 2021	25
New intake for Academic Year 2021/2022	25

A number of Mental Health Ireland's mental health promotion programmes and activities were disrupted by COVID-19. Our **Woodlands for Health** partnership with Coillte and Get Ireland Walking had to be modified or rescheduled as social distancing limited the minibus transport aspects of this project. The programme recommenced and has grown in popularity once public health measures were relaxed.

Mental Health Ireland hosted a **Woodlands for Health 'Reboot'**, webinar in July 2021. Former President of Ireland, Mary McAleese generously contributed to a short video on the benefits of woodland walking. See: https://www.youtube.com/watch?v=_yJ-S2haNxo.

New funding was pledged by each of the project partners to create the new Woodlands and Nature based Projects Officer role which was advertised in Q4 of 2021. Mental Health Ireland also provides Woodlands for Health branded merchandise for all participants.

During 2021, a number of major new national mental health promotion projects have been developed, these include the **'Hello, How Are You'** a programme encouraging social connectedness, **'Jumpers for Goalposts'** a men's mental health initiative and Thrive, promoting mental health in an urban context. Each of these programmes are developed in coproduction and involves engagement with a range of collaborative project partners. These programmes are designed to be scaled up onto a national platform and integrate a continuous evaluation function.

World Mental Health Day was celebrated throughout the country and a major webinar on the national mental health policy **'Sharing the Vision'** focused on **'Human Rights and Mental Health'** was held on Oct 5th. Mental Health Associations used social media and video conferencing tools to mark the day and attracted a great deal of media coverage at a local and national level.

Creative Competition

This year the Creative Competition, formerly known as the Art and Photography Competition for post primary schools was digitised. Entries were submitted online making it more accessible to enter, easier to evaluate and allowed for the additional element of an interactive public voting system to be added. This will help to continue to raise awareness and increase the organisations profile online. The winning artwork and photography submitted by young people are used in Mental Health Ireland's calendar and to illustrate our Annual Report.

Number of entries in competition 2020	130 schools	985 students
Number of entries in competition 2021	112 schools	1735 students

Communications

Adapting to remote working gave a new impetus to our online presence with a broad array of new and innovative resources which could be shared online with our growing online audience. We used all available channels - text, graphics, podcasts, video vignettes, downloadable posters, AdWords, local Radio, national broadcast and print media - to disseminate accessible messages relating to mental health and Recovery. We greatly appreciate the generous support of members of the public who donate to support our work.

In 2021, to break through the isolation many members of the community were feeling a **'Human Library'** was introduced. The Human Library is a series of conversations and personal stories that share insights and experiences. The Human Library invites the users to 'borrow' another person's story to empathically understand their perspective more fully. See <https://www.mentalhealthireland.ie/your-mental-health-world-mental-health-day-2021>

See highlights of communications activity below:

	2021	2020
Mental Health Ireland web traffic in 2021	161,629 users 409,363 page views	191,962 users 464,318 page views
Social media (2020 figures recorded on 31.12.20)	6.73k total increase	13.15k total increase over 2019
Twitter followers	24.1k (+2.2k)	21.9k (+4k)
Facebook	23.58k (+1.93)	21.65k (+4.15k)
Instagram	11.6k (+2.6k)	9k (+5k)
YouTube	33.6k Views 1k Hours Watch Time	31.9k Views 1k Hours Watch Time



Implementing MindOut in Co. Mayo

MindOut is an excellent 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 NUIG an enhanced implementation programme was piloted in Co Mayo. A detailed evaluation, funded by Mental Health Ireland was conducted by NUIG and its report was launched at a webinar of 19 November 2021. See <https://hi-in.facebook.com/Mental.Health.Ireland/videos/4535681873217511>

Progress through Coproduction and Recovery

Throughout 2021, 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. Twenty new staff members joined our Peer Recovery team to extend the reach of Recovery Education across Ireland. Progressive new programmes were developed in collaboration with the HSE's Community Health Organisations ('CHOs'). These included innovative models like the Galway Community Café.

A growing network of Recovery Colleges, Recovery Educators, Family Recovery Workers and Community Connectors bring their lived and family experience to their work and illustrate the vital contribution people in Recovery can make.

All aspects of Mental Health Ireland's work are developed and delivered through a process of coproduction, an inclusive model which strives to fully engage with all the pertinent perspectives and to integrate the views and values of all participants. In our previous strategy this work progressed under

the theme of **Living Life Well**. In our new strategy we are committed to strengthen the process of Recovery and to embed coproduction in all areas of our work.

While many of these programmes had to migrate to remote / online provision during periods of COVID-19 lockdown, the demand and uptake of services remained strong. In some instances we found that our remote offering could reach a new audience, particularly for people living in rural areas or who would have found it difficult to travel to a Recovery college or other venue.

Mental Health Ireland continues to work in partnership with the HSE on the following projects: Service Reform Fund (SRF) Project, 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) and MindSpace Mayo (CHO2). Recovery Education Service (CHO7), Recovery Education Service (CHO8). Mental Health Ireland is proud to be a pragmatic partner in facilitating this endeavour.

Number of Recovery Education Staff Members Employed at 31 December 2021	
Recovery Education Facilitators	34
Family Peer Support Workers	7
Community Café staff	7
Peer Educators	13

It is important that Mental Health Ireland is recognised as being a competent and effective health promotion agency with strong capabilities in coproduction and Recovery with a national perspective and reach. 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.

During 2021, Mental Health Ireland's Deputy CEO, Catherine Brogan was elected President of Mental Health Europe. Mental Health Ireland's success and expertise in coproduction and inclusion is now recognised across Europe.

Education, Training and eMental Health Programmes

All in-person training was suspended during 2021, but this was more than compensated for using remote training provision, webinars and online resource development. 2021 saw sustained growth in demand for high quality Education and Training in eMental Health from local communities, the education sector, fellow NGOs and the business sector. Mental Health Ireland became leaders in the online space in the non-profit sector, not only co-producing our own successful online events but becoming go-to partners- for a vast range of other agencies.

Mental Health Ireland continued to develop new training partnerships, new workshops and programmes, and co-produced bespoke iterations of our existing suite of training programmes.

Of note, in 2021 Mental Health Ireland partnered with the Royal College of Surgeons SIM Centre for Simulation Education and Research on a successful application for funding of €267K from the charity Movember. The funding, part of a €5m Veterans and First Responders Mental Health Grant Program, was the only project selected from the Republic of Ireland for this funding. This partnership will now see Mental Health Ireland co-produce, pilot and evaluate a programme called SAFER Families/Friends, aimed at supporting the mental health of first responders via their close support networks.

Another key training partnership in 2021 was with An Garda Síochána. Following the coproduction of an online module for use on the Garda Internal Training Portal, the module was given a second life and was included in the new **Certificate in Policing and Human Rights Law**, a bespoke course developed by An Garda Síochána, University Limerick and community partners, ranked at Level 8 on the National Framework of Qualifications (NFQ).

It is the first of its kind and has attracted interest from other international agencies and police services. 550 members of An Garda Síochána graduated this year. The aim of the course is to ensure that personnel are fully equipped with the knowledge and expertise to ensure the fair and equitable treatment of every single person that engages with An Garda Síochána. Our module focused on '**Mental Health Awareness: A Lived Experience Perspective**'.

2021 also saw a very fruitful partnership between Mental Health Ireland and Special Olympics Ireland Eur-Asia, with the coproduction of a five-week mental health promotion programme for athletes to be facilitated by Special Olympics Health Messengers. 2022 will see the pilot and international roll out of the programme.

We were very proud to be nominated for the NCBI Vision Awards 2021 in the '**Visible Difference**' industry category. The industry award recognizes exemplary contribution by a company or organisation in creating an inclusive approach for people who are blind or vision impaired.

Our approach to training in 2021 followed best practice in mental health promotion, where we took a more in-depth, evidence-based, partnership working approach which will leave a legacy of greater impact than once off single serving workshops. In 2021, this included partnerships with the farming community, traveller community, family carers, prison populations, persons with disabilities, intercultural communities, frontline staff and a strong presence in workplaces and community settings.

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

6-week Mental Health & Family Caring – Supporting the Supporters Programme

These workshops were facilitated by our Development Officer Team and QQI accredited trainers during 2021. These programmes have been designed to provide participants with the knowledge and understanding necessary to nurture and enhance mental health and wellbeing.

	2021	2020
Total Number of new Mental Health Ireland QQI Accredited Trainers	6	10
Total Number of Mental Health Training Sessions delivered online	276	220
Total Number of Hours Mental Health Training Sessions delivered	479	478
Total Number of Attendees at Mental Health Training Sessions	5,230	4,390

WEBINARS HOSTED BY MENTAL HEALTH IRELAND IN 2021	Live Viewers	Recording Views
Trauma & Recovery – An Introduction to the Journey	424	1,200
Discover/Recover Theatre Project: A Social Impact Study Launch	120	135
Mental Health Ireland Family Recovery Online Resource Launch	53	545
Woodlands for Health Reboot	130	644
The Man I Am – Men's Mental Health	232	586
Human Rights and Mental Health – An Introduction & Explanation (Online event rather than public webinar)	Event not recorded due to type of event	
Menopause and Mental Health	105	830
MindOut in Mayo Evaluation Launch	138	250
Creativity for Wellbeing Workbook Launch	100	375
Traveller Christmas Creativity Competition Prizegiving	118	390
Compassionate Support for Anxious Children & Teenagers	340	342
Adult Education & Wellbeing	60	214
Retirement & Wellbeing	14	90



NEW WEB PAGES IN 2021	Page Views
Family Recovery (6 Pages)	1,939
Mindfulness for Wellbeing (10 Pages)	4,536
World Mental Health Day 2021	8,783
Mental Health Ireland Strategy 2022 - 2024	1,211
Trauma & Recovery	1,895
New Shoots Exhibition	662
Hello, How Are You? Holding Page	520
Christmas Wellbeing Calendar	4,398

Training, Recovery & Mental Health Promotion Resources

One of the key resources we coproduced in 2021 was the very successful 'Creativity for Wellbeing Workbook'. 1,894 copies sold in December 2021 after launch.

We worked closely with Peer Educators, Development Officers, Kingstown College, and Professional Artists to create a self-directed training resource people can use to self-coach, goal set and self-care. Orders for the workbook have been very healthy with bulk orders coming in from Universities, Family Resource Centres, Addiction Services, Youth Services and more.

Tony Leahy Bursary Programme

Mental Health Ireland has adopted a model drawn from the **Ottawa Charter (1986)** of health promotion as we aim to; strengthen the individual; strengthen the community and remove structural barriers. Finance can be a very real barrier to accessing education and Recovery. Mental Health Ireland's **Tony Leahy Bursary Programme** can provide up to 50% of the Course fees for eligible 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 Bursary 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), NUIG (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 2021 we added two new courses to the Tony Leahy Scholarship Programme, the new GMIT Certificate in Peer Support Practice and the new DCU Certificate in Trauma Informed Practice in Health and Social Care. Our support of these 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.

	2021	2020
Tony Leahy Bursary Programme - number of recipients	72	57
Total Value of the Tony Leahy Bursaries awarded	€71,395	€54,610

Mental Health Ireland Kevin Plunkett Award

2020 had originally been designated as the International Year of the Nurse, but the pandemic overshadowed this celebration. 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 reform during his lifetime.

FINANCIAL REVIEW

Summary surplus for the year:

	2021	2020	€ Increase	% Increase
Income	€4,538,692	€4,134,751	€4,134,751	9.77%
Expenditure	€4,454,789	€3,597,962	€856,827	23.81%
Surplus	€83,903	€536,789		

Of the total increase in income in 2021, €365k related to restricted programme income and €39k related to an increase in unrestricted income.

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 2020, is provided in Note 4 to the Financial Statements.

Mental Health Ireland's Audit and 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. During 2021 two long serving Committee members completed the term of their Board membership and two new members joined the Audit and Finance Committee.



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 Mental Health Ireland Board is next due to review the current level of reserves at the March 2022 Board meeting.

The reserves position as at 31 December 2021 was:

	2021	2020	€ Increase/ (decrease)	% Increase/ (decrease)
Unrestricted Reserves	€724,691	€724,691	-€20,201	-2.71%
Designated Reserves	€121,909	€93,304	€28,605	30.66%
Restricted Reserves	€806,991	€731,495	€75,496	10.32%
TOTAL RESERVES	€1,653,591	€1,569,691	€83,900	5.35%

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 2022 provides for the investment of €340k of retained unrestricted reserves into delivering expanded services which would reduce unrestricted reserves to just under €400k.

Designated reserves relate to the **Tony Leahy Bursary Programme** and it is budgeted to invest €113k of the €122k of retained designated reserves into Bursaries in 2022 (with consideration being given to increasing the funds available for Bursaries 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 2022 to invest €224k of the €807k 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.

MENTAL HEALTH IRELAND Pension Scheme

All Mental Health Ireland employees who have completed one year's satisfactory service are eligible to join the Company's defined contribution pension scheme which is managed by New Ireland. The Company contribution is 7% of salary p.a. with the employee contribution being a minimum of 5% p.a. DTS Dedicated Trustee Services DAC were appointed as independent trustees of Mental Health Ireland's pensions scheme in April 2020.

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.

	2021	2020	€ Increase/ (decrease)	% Increase/ (decrease)
Fundraising Income	€379,646	€434,793	-€55,147	-12.68%

This reduction is €55k compared to 2020 which was an exceptional year given the outbreak of the COVID-19 pandemic and the consequent increased awareness of the mental health challenges it brought. Whilst, Mental Health Ireland has continued to build on its increased visibility/profile as a result of its activities during the pandemic the initial surge in fundraising experienced in 2020 has not been sustained at its exceptionally high level.

Funding 2022 and beyond

Mental Health Ireland is confident of funding for 2022 but there is no doubt that the uncertain course of COVID-19, economic consequences from Brexit, financial constraints within public spending and projected inflationary pressures could all have a negative impact on future funding in 2022 and beyond. The Audit and Finance Committee continually monitor the operating environment and take a cautious and prudent approach to new investment.

Mental Health Ireland continues to mitigate against uncertainty in relation to HSE funding by seeking to expand its own self-generated funds through delivery of commercial training, fee income from hosting special programmes and expansion of our fundraising programme.

In December 2021, the Department of Health asked Mental Health Ireland to assist in the distribution of €1 million to 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 will allow 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 can be awarded to registered charities, working in mental health across Ireland. Grant applications are made via a specially commissioned online application portal.

STRUCTURE, GOVERNANCE AND MANAGEMENT

To deliver on our mission, Mental Health Ireland ensures that we have the structures, systems, processes and resources in place to maintain public and funder confidence, sustain our programmes and operate in a fully transparent manner. Through continuous development and evaluation, Mental Health Ireland's aim is to develop a sustainable, agile and fit-for-purpose organisation which is enabled to leverage the opportunities presented in our strategy.

Mental Health Ireland Board

Governance is at the heart of our work and at a national level our Board maintain the highest standards. Prior to co-option of new directors, the Board identify the expertise and skillsets required. In April 2021, following an open call/expression of interest process with two online consultation meetings, new members were identified. All Board Members are volunteers and the organisation greatly benefits from their expertise, insights and commitment. Directors serve an initial three year term and may commit to a second term of three years.

In 2021, three Board Members completed their term of office and we welcomed five new Board Members at our AGM in May 2021.

The total number of Board members is 12 and Board meetings are held bi-monthly. At the commencement of each meeting, Directors are required to declare any conflict of interest that may arise in accordance with Mental Health Ireland's formal Conflict of Interest Policy. Board members, depending on their skillsets contribute to Mental Health Ireland's Strategy Project Groups and/or to the Finance & Audit Committee and/or the Governance Committee (see attendance record below). Information and biographic details on all Directors can be viewed on Mental Health Ireland's Website www.mentalhealthireland.ie

Attendance at Board and Sub Committee Meetings 2021															
	No. of meetings held	Pat Bracken	Pauline Burke*	Kathleen Chada*	Denis Creedon*	Ciara Gillespie*	Hugh Kane	Eilish Kerrisk	Ruari Mulrean	Colman Noctor	Tony O'Boyle*	Alma O'Brien	Robert O'Connell	Ann Sheridan*	Sushil Teji*
Main Board	6	6/6	2/3	3/3	3/3	3/3	6/6	6/6	6/6	6/6	1/3	6/6	5/6	3/3	2/3
Finance & Audit Committee	6		2/3		3/3						1/3	6/6			2/3
Governance Committee	5							5/5	5/5				5/5		

* Board member was appointed or resigned during the year so maximum attendance was not possible.

Due to fluctuating COVID-19 nature of public health measures, it was only possible to hold one in-person Board Meeting during 2021, all other meetings were held using Zoom video conferencing. A number of Board members participated in the Strategy Coproduction Working Group and the whole Board reviewed and considered the new strategy before it was finalised in October 2021.

Governance & Risk Committee

The Governance Committee's purpose is to ensure good corporate governance and to ensure that Mental Health Ireland continues to comply with the Governance Code for Community, Voluntary and Charity organisations. Mental Health Ireland's Governance and Risk Committee is chaired by the Vice Chairperson of the Board.

The Governance Committee also reviews risk management at its meeting and a comprehensive risk register has been compiled and is regularly reviewed and updated. A detailed board effectiveness review was conducted during 2021 and its recommendations will guide future decision-making structures and processes.

Mental Health Ireland Annual General Meeting – May 29th 2021

The AGM was held online on 29th of May 2021, as this coincided with a period of national lockdown. A video compilation of Mental Health Ireland's activity in 2020, developed by Sonia Rennicks was shared with AGM delegates. See <https://www.youtube.com/watch?v=PYQ1KJGWw6k>

Number of Attendees at virtual AGM on May 29th 2021	51
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Our comprehensive Annual Report for 2020, included an update on activities and audited accounts and was distributed to members, partners and funders and is available online at https://www.mentalhealthireland.ie/wp-content/uploads/2021/08/Mental-Health-Ireland_Annual-Report-2020.pdf

Human Resources and Recruitment

Despite the obvious challenges associated with the pandemic, 2021 was another year of strong growth for Mental Health Ireland. In collaboration with the HSE's Mental Health Engagement and Recovery Office we were able to extend new roles to staff working in Recovery Educator roles. By the end of 2021, our workforce had grown to 109 personnel at year end, many of whom work on a part-time basis.

Supported by the Health Service Executive, Mental Health Ireland was able to recruit two new Development Officers to serve Counties Dublin, Kildare and Wicklow, the most populous areas in Ireland. The two new Development Officers started their roles in May 2021.

During 2021, Mental Health Ireland recruited new capacity, skills and expertise in

communications and fundraising, policy and research, mental health promotion, education, training & eMental Health and human resources. These dynamic new roles reflect the growing scope and reach of the organisation.

The staff handbook is reviewed regularly to ensure Mental Health Ireland is compliant with the latest legislative requirements such as parental leave etc. Mental Health Ireland uses the services of an external HR consultancy, Adare Human Resource Management to advise on HR issues. To ensure staff wellbeing, all employees have access to an Employee Assistant Programme, this confidential support service is operated by Inspire NI. All Mental Health Ireland staff and Volunteers are Garda Vetted to safeguard children and vulnerable adults.

Total number of New Staff members recruited in 2021	44
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Political Donations

The Company made no political donations during the year and completes lobbying returns as required.

Charity Registration

During 2021, 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.

FUTURE & STRATEGIC FOCUS

2021 was a challenging but progressive year for Mental Health Ireland, despite the extraordinary challenges associated with the COVID-19 pandemic. Our board members, volunteers, staff and partners responded resiliently during a period of great uncertainty and continue to promote positive mental health and wellbeing, while creating effective and progressive pathways for people in Recovery.

Mental Health Ireland's previous 3-year strategy '**Empowerment – from Ideas to Action 2019-2021**', ended during the year, so an early task in 2021 was to review the organisational strategy with a co-produced working group. It was important that the new strategy compliments and integrates the objectives of Ireland's national mental health policy '**Sharing the Vision – a Mental Health Policy for Everyone**' published by the Department of Health in June 2020.

A recommendation from the strategic review conducted during 2020 was that Mental Health Ireland needed to be more vocal on policy matters. In May 2021, Dr Fiona Keogh was appointed as Director of Policy and Research to help to shape and inform national policy. This work has involved a number of presentations to Joint Oireachtas Committees, Public Policy Forums inputs and a comprehensive submission on reform of the Mental Health Act. The intention is to extend this function further in 2022.

Mental Health Ireland worked with Alcohol Action Ireland during 2020 and 2021 to co-fund a Policy Officer role. This initiative has had a major impact in progressing the Public

Health Alcohol Act and has played a key role in informing public understanding on issues like Minimum Unit Pricing. In Ireland, misuse of alcohol has a profound effect on mental health of individuals and their families.

In Spring 2021, Mental Health Ireland commissioned RedC to conduct a national survey on the mental health impact of home schooling on Irish parents and families. This type of real-time research helps to inform public policy and decision making. Mental Health Ireland plans to further develop PPI (Public Patient Involvement) models so that all voices can actively participate and be heard. Being an evidence-based and knowledge-sharing organisation is an important aspect of the new strategy.

Given the significant growth achieved in 2021, a key task for the year ahead is to consolidate the progress made in the past year 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 positive mental health and wellbeing and supporting people in their Recovery journey is 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.

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	<p>Pat Bracken</p> <p>Pauline Burke (Elected May 29th 2021)</p> <p>Kathleen Chada (Elected May 29th 2021)</p> <p>Denis Creedon (Resigned May 29th 2021)</p> <p>Ciara Gillespie (Elected May 29th 2021)</p> <p>Eilish Kerrisk</p> <p>Colm Murphy (Resigned May 29th 2021)</p> <p>Ruairi Mulrean</p> <p>Colman Noctor</p> <p>Robert O'Connell</p> <p>Anthony O'Boyle (Resigned May 29th 2021)</p> <p>Ann Sheridan (Elected May 29th 2021)</p> <p>Sushil Teji (Elected May 29th 2021)</p>
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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	<p>JPA Brenson Lawlor Brenson Lawlor House Argyle Square Morehampton Road Dublin 4</p>
Solicitors	<p>Partners at Law Dun Laoghaire Co. Dublin</p>

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

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: 25th March 2022

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: 25th March 2022

Opinion

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2021 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 2021 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: 25th March 2022

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 2021

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2021 €	Total 2020 €
Income					
Donations (Note 4)	-	379,646	-	379,646	434,793
Earned from charitable activities (Note 4)	-	1,569,235	2,559,189	4,128,424	3,690,920
Earned from other activities (Note 4)	-	30,622	-	30,622	9,038
Total income and endowments	-	1,979,503	2,559,189	4,538,692	4,134,751
Cost of Raising Funds					
Fundraising Costs	-	16,145	-	16,145	8,253
Expenditure on charitable activities					
Staff Costs	-	1,340,565	2,175,178	3,515,743	2,252,001
Depreciation of Fixed Assets	-	10,063	-	10,063	3,354
Operational Costs	71,395	532,928	308,515	912,838	1,061,356
Total Expenditure	71,395	1,899,701	2,483,693	4,454,789	3,597,964
Transfers	100,000	(100,000)	-	-	-
Net Movements In Funds For The Year	28,605	(20,198)	75,496	83,903	536,787
Reconciliation of Funds					
Total Funds Brought Forward	93,304	744,892	731,495	1,569,691	1,032,904
Total Funds Carried Forward	121,909	724,694	806,992	1,653,594	1,569,691

Statement of Comprehensive Income

For year ended 31 December 2021

	2021 €	2020 €
Surplus for the financial year	83,903	536,787
Total comprehensive income	83,903	536,787

Statement of Financial Position

For year ended 31 December 2021

	Notes	2021 €	2020 €
Fixed assets			
Tangible assets	9	<u>36,898</u> 36,898	<u>46,961</u> 46,961
Current Assets			
Debtors	10	266,703	236,509
Cash at bank and in hand	11	<u>2,693,682</u>	<u>1,527,316</u>
		2,960,385	1,736,825
Creditors: amounts falling due within One year	12	<u>(1,343,689)</u>	<u>(241,095)</u>
Net current assets		<u>1,616,696</u>	<u>1,522,730</u>
Total assets less current liabilities		<u>1,653,594</u>	<u>1,569,691</u>
Reserves and funds			
Designated Reserves	15	121,909	93,304
Accumulated funds – restricted	16	806,991	731,495
Accumulated funds – general	17	<u>724,694</u>	<u>744,892</u>
		<u>1,653,594</u>	<u>1,569,691</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: 25th March 2022

Statement of Cash Flows

For year ended 31 December 2021

		2021 €	2020 €
Net cash flows from operating activities	13	1,166,366	476,970
Investing activities			
Purchase of fixed tangible assets		-	(50,315)
Net (decrease)/increase in cash and cash equivalents		<u>1,66,366</u>	<u>426,655</u>
Cash and cash equivalents at beginning of financial year		<u>1,527,316</u>	<u>1,100,661</u>
Cash and cash equivalents at end of financial year		<u>2,693,682</u>	<u>1,527,316</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 2021

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 2021.

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 1 to 15.

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 2021.

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 2021 analysed as follows:	Unrestricted funds €	Restricted funds €	Total 2021 €	Total 2020 €
Earned from charitable activities				
H.S.E. - Core (National)	885,817	-	885,817	921,703
H.S.E. - Core (South East)	81,279	-	81,279	78,000
H.S.E. - Core (Dublin / Kildare)	52,198	-	52,198	-
H.S.E. - CHO1 (Sligo / Leitrim)	68,099	-	54,232	66,906
H.S.E. - CHO1 (Cavan / Monaghan)	46,844	-	68,099	44,004
H.S.E. - CHO1 (Donegal)	54,232	-	46,844	51,396
H.S.E. - CHO2 (West)	124,809	-	124,809	119,892
H.S.E. - CHO8 (Louth / Meath)	27,316	-	27,316	27,316
H.S.E. - CHO8 (Midlands)	51,837	-	51,837	49,000
H.S.E. - CHO3 (Midwest)	66,177	-	66,177	63,999
Jigsaw Project	-	-	-	274,413
Mindspace Mayo	5,000	373,061	378,061	378,358
Gateway Project	-	209,687	209,687	233,252
Ennis MHA	-	8,203	8,203	5,549
West Clare MHA - Lighthouse Project	-	19,469	19,469	11,303
Nat Forensic MH - Garden Restoration	-	-	-	30,405
Int. Exercise Practitioners Wexford	-	9,684	9,684	-
Mental Health Engagement and Recovery (previously ARI)	5,000	143,845	148,845	199,368
Service Improvement Fund (previously ARIES)	13,350	173,801	187,151	254,347
Peer Recovery National Forensic MHS	5,000	33,193	38,193	55,934
Peer Recovery South East CH05	5,000	76,925	81,925	110,976
Suicide Prevention Prog CHO6	-	(28,743)	(28,743)	75,000
Peer Recovery West CHO2 (ex. MMHS)	5,000	154,460	159,460	114,826
Peer Recovery CHO6 (Dublin East)	5,000	106,365	111,365	103,272
Peer Recovery CHO7 (Dub/Kil/Wick)	5,000	45,800	50,800	32,534
Peer Recovery CHO8 (Midlands)	-	205,030	205,030	28,278
Family Peer Support CHO2 (Bealach Nua)	2,000	42,561	44,561	37,438
Family Peer Support CHO2 (Mayo/Gal/Ros)	4,329	111,954	116,283	61,113
Recovery Education Facilitators (National)	51,000	737,281	788,281	232,138
Community Café CHO2	4,948	125,951	130,899	23,000
Roscommon Svr User Rep CHO2	-	10,662	10,662	-
ESTHER Funding	-	-	-	7,200
Total earned from charitable activities	1,569,235	2,559,189	4,128,425	3,690,920
Earned from other activities				
Annual Subscription	3,569	-	3,569	3,696
Other Income	2,929	-	2,299	(9)
Training	24,124	-	24,124	5,531
Total earned from other activities	30,622	=	30,622	9,038
Donations				
Donations / Fundraising	379,646	=	379,646	434,793

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):

	2021 €	2020 €
Depreciation of tangible assets	10,063	3,354
Audit Remuneration (including VAT)		
-Audit Fees	9,922	10,086
-Non - Audit Services	666	677

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 €99,024 (2020: €92,317) 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:

	2021 Number	2020 Number
Head Office	15	13
Development Officers	9	8
Gateway Project	4	5
Mental Health Engagement and Recovery (previously ARI)	3	3
MindSpace Mayo	6	5
Service Improvement Fund (previously ARIES)	3	4
Peer Recovery Programmes	22	14
Community Café	6	4
Recovery Education Facilitators (National)	30	10
Mental Health Associations	2	1
Total	100	61

Their aggregate remuneration comprised:

	2021 €	2020 €
Wages and salaries	3,101,365	2,200,196
Social security costs	320,872	230,657
Pension Costs	93,506	94,148
	<u>3,515,743</u>	<u>2,525,001</u>

The number of higher paid employees including the CEO was:

Salary band	2021	2020
€60,000- €70,000	3	2
€70,001- €80,000	2	0
€90,001- €100,000	1	1
	<u> </u>	<u> </u>

8. RETIREMENT BENEFIT INFORMATION

	2021 €	2020 €
Retirement benefit charge	<u>93,506</u>	<u>94,148</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 2021 €
Cost or valuation	
At 1 st January 2021	56,027
At 31 st December 2021	56,027
Depreciation	
At 1 st January 2021	9,066
Charge for the financial year	10,063
At 31 st December 2021	19,129
Net Book Value	
At 31 st December 2021	36,898
At 31 st December 2020	46,961

10. DEBTORS

	2021 €	2020 €
Trade debtors	243,969	196,595
Other debtors	12,993	18,096
Prepayments and accrued income	9,741	21,818
	<u>266,703</u>	<u>236,509</u>

11. COMPONENTS OF CASH AND CASH EQUIVALENTS

	2021 €	2020 €
Cash at bank and in hand	2,693,682	1,527,316
	<u>2,693,682</u>	<u>1,527,316</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 €	2020 €
Trade creditors	69,206	25,082
Deferred Income	1,163,837	68,620
Procurement card (overdraft) 1	9,901	1,818
Procurement card (overdraft) 2	744	992
Accruals	23,959	79,536
Wages control	406	693
PAYE control account	75,636	64,354
	<u>1,343,689</u>	<u>241,095</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 2022 to 31 December 2022
- €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 2022
- €1,053,743 received from the HSE in relation to grant programme supporting community and voluntary pillar in the mental health sector from 1 January 2022
- €3,574 received from the HSE in relation to restoration from 1 January 2022
- €26,520 in relation to training to be delivered from 1 January 2022

Notes to the Financial Statements

13. NET CASH FLOWS FROM OPERATING ACTIVITIES

	2021 €	2020 €
Surplus for the financial year	83,903	536,787
Depreciation on tangible assets	10,063	3,354
Decrease in debtors	(30,194)	(128,595)
Increase/ (Decrease) in creditors due within one year	7,377	28,000
Increase/ (Decrease) in deferred income	1,095,217	37,424
	<u> </u>	<u> </u>
Net cash inflow from operating activities	1,166,366	476,970
	<u> </u>	<u> </u>

14. EVENTS AFTER THE END OF THE FINANCIAL YEAR

There were no post reporting date events which require disclosure.

15. DESIGNATED FUNDS

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

Designated Funds previous year

	1 Jan 2020 €	Income €	Expenditure €	Transfer from Unrestricted €	31 Dec 2020 €
Tony Leahy Scholarship Fund	47,914	-	(54,610)	100,000	93,304
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	47,914	-	(54,610)	100,000	93,304
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

16. RESTRICTED FUNDS

	1 Jan 2021 €	Income €	Expenditure €	Transfer Unrestricted €	31 Dec 2021 €
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	<u>731,495</u>	<u>2,559,189</u>	<u>(2,483,693)</u>	<u>-</u>	<u>806,991</u>

Notes to the Financial Statements

Restricted Funds Previous year

	1 Jan 2020	Income	Expenditure	Transfer	31 Dec 2020
	€	€	€	Unrestricted	€
Project					
Jigsaw Project	225	274,188	(274,413)	-	-
Mindspace Mayo	64,172	373,358	(294,020)	-	143,510
Gateway Project	74,358	233,252	(207,854)	-	99,756
Ennis MHA	53	5,549	(5,469)	-	133
West Clare MHA - Lighthouse Project	2,700	11,303	(13,986)	-	17
Nat Forensic- Garden	100,000	30,405	-	-	130,405
Mental Health Engagement and Recovery (previously ARI)	42,989	194,368	(149,650)	-	87,707
Service Improvement Fund (Previously ARIES)	16,146	240,997	(159,995)	-	97,148
Peer Recovery National Forensic MHS	10,111	50,934	(44,353)	-	16,691
Peer Recovery South East	20,547	105,976	(89,690)	-	36,833
Suicide Prevention Programme	6,079	70,000	(40,977)	-	35,102
Peer Recovery West	16,089	109,826	(123,028)	-	2,887
Peer Recovery Dublin East	2,597	103,272	(97,588)	-	8,281
Peer Recovery Midlands	1,040	32,534	(31,733)	-	1,841
Peer Recovery Dublin North	24,247	-	(4,622)	-	19,624
Peer Recovery Dub/Kil/Wick	-	25,361	(23,426)	-	1,936
Family Peer support - Bealach	-	36,438	(17,327)	-	19,111
Family Peer support – Gal/Mayo	-	58,113	(45,683)	-	12,431
Recovery Education Facilitators (National)	-	208,805	(205,473)	-	3,332
Community cafe	-	22,167	(19,978)	-	2,189
ESTHER Funding	-	7,200	(-)	-	7,200
Social Inclusion (Refugees)	7,979	-	(2,618)	-	5,361
Total	389,329	2,194,046	(1,851,880)	-	731,495

17. UNRESTRICTED FUNDS CURRENT YEAR

	1 Jan 2021	Income	Expenditure /Transfer	31 Dec 2021
	€	€	€	€
Unrestricted funds	744,892	1,979,503	(1,899,701)	724,691
Total unrestricted funds	744,892	1,979,503	(1,899,701)	724,691
Unrestricted Funds previous year	1 Jan 2020	Income	Expenditure /Transfer	31 Dec 2020
	€	€	€	€
Unrestricted funds	595,661	1,940,705	(1,791,474)	744,892
Total unrestricted funds	595,661	1,940,705	(1,791,474)	744,892

18. OPERATING LEASE COMMITMENTS

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

	2021	2020
	€	€
Within one year	52,317	52,317
Between one and five years	156,951	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

	2021	2020
	€	€
At the beginning of the year	1,569,691	1,032,904
Surplus for the year	83,903	536,787
	<hr/>	<hr/>
Closing reserves	1,653,594	1,569,691
	<hr/> <hr/>	<hr/> <hr/>

20. ANALYSIS OF CHANGES IN NET CASH

	At 01/01/2021	Cashflows	At 31/12/2021
	€	€	€
Cash	<u>1,527,316</u>	<u>1,166,366</u>	<u>2,693,682</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 25th March 2022.



**Mental Health
Ireland**

MENTAL HEALTH IRELAND

Promoting mental health, wellbeing and recovery.

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