

Mental Health Study Visit.

Ireland – 17th September to 20th September 2019

	Tuesday 17th September	Wednesday 18 th September	Thursday 19 th September	Friday 20 th September
8:00 – 9:30	Participant Arrival	<i>Breakfast</i>		
9:30 – 11:00		The Continuum- Mental health to mental ill health.	Irish Youth Mental Health - Organisation visit	A European perspective...
11:00 – 11:30		<i>Break</i>		
11:30 – 13:00		Local realities. (Fishbowl)	Irish Youth Mental Health - Organisation visit	Project Ideas & development
13:00 – 14:30	<i>Lunch</i>	<i>Lunch and free time</i>		
14:30 – 15:00	<i>Freetime</i>	Sharing knowledge, tools & methodologies	Irish Youth Mental Health - Organisation visit	Evaluations/ Reflections and Closing
15:00 – 16:00	Welcome and getting to know each other			
16:00 – 16:30	<i>Break</i>			Participant Departure
16:30 – 17:00	<i>Break</i>	Mental Health Champions	Irish Youth Mental Health - Organisation visit	
17:00 – 17:30	Study visit – What’s it all about?	<i>Reflection time</i>		
17:30 – 18:00				
18:00 – 19:00				
19:00 – 19:30	<i>Freetime</i>			
19:30	<i>Dinner</i>			