



support | advocacy | education  
for mental illness



**Join the social  
movement and start  
a conversation to  
make a difference**

**Wear** the Green Ribbon to show you are open to talking about mental health

**Talk** to others about this important campaign; talking about mental health helps to **increase recovery rates**

**Donate** to support the growth of this movement



Donate here

Follow us on social media  
**@ShineOnlineIE**

**www.shine.ie**

Registered Charity Number: 20011512 CHY 6380

This work is supported by:

