

WIMS LIVE PROGRAMME

5-10 OCTOBER

 live virtual event

 video



 podcast

 school sessions





Monday, 5 October

09.30 WIMS Live 2020 | Launch and Live Yoga from Mercy College, Coolock



Join RTÉ Presenter Bláthnaid Treacy; Chief Executive Officer (CEO) of St Patrick's Mental Health Services (SPMHS), Paul Gilligan; and the students of Mercy College, Coolock as we launch WIMS Live 2020.  

10.30 Teacher Tribute



Watch as students from across Ireland send special thank you messages to teachers who have championed wellbeing in 2020.  



11.30 Reading Corner


Emma Cahill, author and primary school teacher, presents a reading from her children's book about feelings, *Under The Mask*. This reading is suitable for primary level.  

11.30 Meet the Authors

Young adult authors Louise O'Neill and Dave Rudden share their journeys through young adult life, their mental health challenges, their writing and how their young adult experiences have framed their novels.* These interviews and readings are suitable for second level.  




19.30 Close Up: Mental Health in the Movies

Explore how Hollywood has framed mental health, and test your trivia in our special movie talk and quiz with the RTÉ Guide's Michael Doherty and RTÉ presenter Shay Byrne. 




Tuesday, 6 October

07.00 Wellbeing Wake Up: Yoga

Gently kickstart your day with a yoga session suitable for all levels with Paul Geoghegan of SPMHS. 



11.30 Living a Mentally Healthy Life in 2020

Join this panel discussion with RTÉ presenter Jan Ní Fhlanagáin; Medical Director of SPMHS Paul Fearon; Director and Behaviour Specialist at Actualise Academy Pdraig Walsh; and journalist and broadcaster, Barbara Scully. 

* Please note that there are some issues raised within them which may be challenging for some students or which may raise questions about some topics such as self-harm.

Wednesday, 7 October



09.30 Jamie Harrington in Conversation

Hear 21-year old Jamie's story about how his experience of helping someone in mental health distress has led him to inspire others.  


09.30 Supporting Someone with a Mental Health Difficulty

This workshop, led by SPMHS clinicians, is aimed at second-level students.  

11.30 Teen Mental Health: Stress, Stigma and Coping Strategies

Jan Ní Fhlanagáin hosts discussions with Irish teenagers and adolescent mental health expert at SPMHS, Aaron Swift.  


19.00 Reflections on Recovery: Rick's Story

Listen to the first in a podcast series meeting mental health ambassadors, featuring Jan Ní Fhlanagáin in conversation with SeeChange's Rick Rossiter. 




Thursday, 8 October

07.00 Wellbeing Wake Up: Mindfulness

Begin your morning with a guided mindfulness workshop from Debbie Van Tonder of SPMHS. 

14.00 Wellness and 'the New Workplace'

SPMHS' CEO Paul Gilligan; Advocacy Manager and qualified occupational therapist, Louise O'Leary; and SeeChange's Barbara Brennan share practical advice for wellbeing in the workplace. 



Friday, 9 October

12.45 Science of Mental Health

"It's the hardware, not the software": RTÉ 2fm's Eoghan McDermott and Professor Paul Fearon, Medical Director at SPMHS, present an interactive webinar putting mental health under the microscope. This is suitable for second-level students.

A surprise guest will join Eoghan McDermott for a special announcement and interview!  

Saturday, 10 October

11.00 Wellbeing Yoga for World Mental Health Day

In partnership with Avoca, we'll be sharing a virtual yoga session in a social media livestream to mark World Mental Health Day. 🗣️

14.00 Reflections on Recovery: Marian's Story

In the second instalment of the series, RTÉ's Jan Ní Fhlánagáin chats with Marian, the Chairperson of SPMHS' Service Users and Supporters Council, about her mental health journey. 🎙️



All week on social media

Follow our social media channels all week for more resources, discussions and ways to get involved. We'll even have some surprise special guests taking over our Instagram channel, so stay tuned to find out more and hear from them!

Instagram: @stpatricks_wims

Twitter: @walkinmyshoes

Youtube: @walkinmyshoesireland

Facebook: @walkinmyshoes



**Find out more and get involved at
walkinmyshoes.ie/wimslive**

