



Green Ribbon FAQ

We have created this document to help you with your Green Ribbon planning for this year. If there is a question we haven't answered here, please email us at info@seechange.ie with your query.

When is the Green Ribbon campaign happening this year?

September. It is our intention to run the campaign in September from now on

What are the Green Ribbon Events / Important Dates I need to be aware of?

Launch

- **Dublin Launch:** Wednesday 01 September 2021
- **Cork Launch:** Friday 03 September 2021

Time to Talk Day

- Tuesday 07 September 2021

World Suicide Prevention Day

- Friday 10 September 2021

Pass the Ribbon Video

- Week 5 of Green Ribbon
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What is the theme of the Green Ribbon campaign this year?

Inclusion

This theme builds on the theme of Discrimination from Green Ribbon 2020, and continues the tone of previous months leading up to campaign (work with minority groups; see below).

Language of Mental Health

Encouraging people to be aware of the language they use and to take responsibility to educate themselves.

Across our Green Ribbon Campaign and pre-campaign, we will be focused on giving people the tools before asking them to make change.

See Change are conducting research on language this year which will tie in with this.

Connecting for Life

Focus this year is on Goal 1 and Goal 3;

- Population wide understanding of mental health
- Focus of priority groups

2021 Monthly theme calendar;

January	Self-care & Goal Setting
February	Conversations & Care
March	Women (to include specific voices; eg; farmers)
April	Workplace & Global voices
May	Mental Illness Awareness
June	LGBTQIA Voices
July	Traveller Voices
August	GR Pre - Campaign
Sept	GR Campaign
October	Black History Month
November	Men's Voices (to include specific voices; eg; farmers)
December	Reflection

GR Campaign Weekly Themes

Week 1: Understanding the Topic of Exclusion

1st-3rd September

What is exclusion? Definitions, and language of, exclusion.

**Dublin & Cork launches this week.*

Week 2: Social Exclusion

6th-10th September

What exclusion looks like and where it shows up in society.

Each day allocated to a different scenario e.g. workplace, medical, community.

Information and understanding event this week.

**World Suicide Prevention Day falls on Friday of this week.*

Week 3: What Exclusion Feels Like

13th-17th September

How it feels to be excluded.

Strong lean on language and feeling of stigma this week.

Week 4: Behavior of Exclusion

20th-24th September

Silence is the behavior of exclusion – which relates back to stigma.

Strong lean on stigmatizing behavior this week.

Week 5: A Week to See Change – Social Inclusion

27th-30th September

What is the change that we want to see?

Focus on positive actions to create change. Examples of stigma free language, conversations, and scenarios.

Social Inclusion event this week.

Suggested Partner voices; First Fortnight, St. Patrick's Hospital, AIB Diversity & Inclusion

How can I order Green Ribbons so that I have them for the official campaign in September?

Closer to the campaign it is also possible to order the ribbons directly from our website.

Alternatively, you can send an email to info@seechange.ie with the amount of Ribbons you would like the delivery address including postcode, contact person's name, phone number and email address full stop you will then be added to the pre-order list. This is subject to availability as we have a maximum of 500,000 ribbons for the whole country. We appreciate your understanding about this.

Can I order ribbons for my workplace, community or school?

Yes, this is an inclusive campaign and we are happy for everyone to get involved. Please note how to order in the answer above.

How many ribbons can I order?

- Minimum order is 100 Ribbons.
- For orders over 1,000, but less than 10,000 you can order as listed above.
- For orders over 10,000, please contact us to arrange delivery.

Do I get a box with my order of ribbons?

Usually we send a box with every 200 ribbons. You're welcome to download our [box template](#) directly from our website should you need more boxes.

Can I order more boxes with my ribbon order?

We have a set amount of boxes and aim to supply one box per 300 Ribbons. To help with box supply we have released the assets for the design, and you can download it from our [website](#) enabling you to print it on card and create additional boxes.

Can I order Green Ribbons during the campaign?

Possibly. To date the majority of our Green Ribbons have been distributed Nationwide before the campaign starts so that people have their ribbons for the entire month. From time to time, we have a small amount of Green Ribbons left, and distribute them as quickly as we can once we receive an order.

Can I order ribbons earlier in the year?

We don't hold stock of the ribbons throughout the year, and only get them in advance of the campaign each year. We appreciate that you would like to raise awareness of mental health issues and are running events and that our Green Ribbons would be a nice addition to what you are doing. We would like to direct you to our downloadable resources that are available to you year-round that you are welcome to use for your event outside of the official Green Ribbon campaign as part of your Green Ribbon celebrations. We appreciate your understanding that we do not give out the ribbons themselves until the actual campaign time.

Can I order green ribbon enamel pins?

It is not possible to place an order for our enamel pins as we get a small quantity of these each year, and only provide pins to our distribution partners. However, if you would like to request a quote, please e-mail info@seechange.ie. Please provide the quantity, contact and address details. This must be done before 5th July, and we will do our best to facilitate the purchase of these for you. Please note that the manufacturer has minimum order quantities, and if this is not met we cannot place the order.

I've ordered Ribbons but they haven't arrived yet. Can I get tracking information to find out where they are?

Our Green Ribbons are delivered through a distribution centre and do not have individual order tracking information. We aim to deliver your ribbons within in two weeks of receiving your order. We appreciate your understanding in delays that may occur during busy periods.

Can I contact the distribution centre myself to find out about my ribbons?

No, our distribution centre is not set up to take queries in relation to Green Ribbon orders.

The delivery is free; can I pay for my order to be delivered more quickly?

No, we do not have payment system in place, and our distribution centre is not set up for collection from external couriers or individuals.

Will you post things I am doing / events I am running on your website or social media?

We like to try and support where we can, but unfortunately as we are a small team we do not always have capacity to post every request. Posting is also subject to pre-check by See Change, and must be in adherence to both See Change guidelines and Headline media guidelines.

I've written an article or social media post and want to put it on your website, how do I do that?

All articles and content on our social media and website are written by our staff, Partners and Ambassadors. If you would like to become an official Partner or Ambassador please contact us for more information at info@seechange.ie

Will somebody from See Change attend our event?

At this time, we are adhering to Government guidelines and are not attending face-to-face meetings, presentations or events. Should travel restrictions be lifted by September we hope to support some events. This is dependent on availability of staff or Ambassadors, and requires advance booking. We appreciate your understanding in relation to this. If you would like to making a booking, please fill out [this booking form](#) and we will be in touch to discuss it in detail.

In the event that we are still providing a fully virtual service, we may be able to attend your event virtually.

I've organised an event, can I tag See Change in my social media posts?

Absolutely! Please tag us in all your Green Ribbon events and posts! You'll find us on these platforms;

 <https://twitter.com/seechangeirl>

 <https://www.facebook.com/SeeChangeIreland/>

 <https://www.instagram.com/seechangeirl/>

I want to book a speaker from See Change to do a stigma reduction session for our workplace/ community/ school. How do I do that?

If you would like to book a speaker, please fill out [this booking form](#) and we will be in touch to discuss it in detail. All Ambassador bookings are managed by our Volunteer Support Officer. Your booking form will be received, and your request will be processed. Our Volunteer Support Officer will be in touch with you to arrange an Ambassador match for your event. After the event you are required to fill in a feedback form.

Is there a charge for a See Change speaker for my Green Ribbon event?

No, the Green Ribbon campaign is funded by the National Office of Suicide Prevention, so all costs are covered. If however, you would like to make a donation in relation to the service and speaker we provide, please contact us at info@seechange.ie for more information.

I've sent a query in relation to green ribbon and I still haven't got an answer. When will I receive the information I required?

Our general information emails at info@seechange.ie are monitored 3 days a week (Monday, Tuesday and Wednesday). endeavor to get back to you within 3 working days; understanding that that if an email is received on Thursday afternoon the first working day is Tuesday. During busy periods this response time may be longer.

Can I phone somebody in See Change to discuss my order?

As we are working remotely now, we may not have access to phone support. Please email us at and send us your query. If we can call you back, we will, otherwise we will respond via email. During busy periods it is not possible to receive call backs as we do not have the staff capacity to man a phone line.

Should you contact the office, a message will be taken by reception and we will be notified, and endeavor to get back to you in 3 working days.

Additional Info

Supporter packs

Branded downloadable resources are available [online](#). The supporter packs include:

- Green Ribbon Poster
- Green Ribbon Flag
- Talking cards (business card size)
- Tea Pack Envelope
- "What is Stigma" booklet
- Bunting
- Pull up banner
- Large and medium Green Ribbon prop (for photo's)
- Green Ribbon display box
- Email banner
- Social Media banners (Facebook/Twitter)
- Supporters "How To" guide for organising Green Ribbon events, with helpline
- Communications calendar (weekly listing with text, images and Ambassador content, with specific posting dates)

Podcast

Green Ribbon Podcast with guest speakers and focus on weekly themes available on Spotify, and Anchor FM; Search [See Change sessions with Alittlegail](#)