



Green Ribbon Campaign 2023: Frequently Asked Questions (FAQs)

The following document provides information on the See Change Green Ribbon campaign 2023. This year, See Change is celebrating 11 years of the Green Ribbon campaign.

If there is a question we haven't answered here, please email us at admin@seechange.ie with your query.

When is the Green Ribbon campaign happening this year?

The Green Ribbon campaign will run throughout the month of **September** in 2023.

What are the Green Ribbon events / important dates that I need to be aware of?

Green Ribbon launch events

- **Dublin Launch:** 11:00 – 13:00pm on Friday 1st September 2023
- **Cork Launch:** 11:00 – 13:00pm on Tuesday 5th September 2023

Both the Dublin and Cork launch events will take place in-person in 2023. Please check back for more information about the venue for both events.

Green Ribbon weekly events

Each weekly Green Ribbon event will focus on a different theme related to the topic of mental health judgement:

Week 1: Understanding the topic of judgement

1st – 3rd September

During this week, we will look at what judgement is in the context of having a mental health difficulty. We will explore why and how we judge others (consciously or subconsciously).

*Dublin launch event this week on Friday 1st September

Week 2: Where judgement shows up in society

4th – 10th September

We will provide information about what mental health judgement looks like in society and how it can negatively impact a person with mental health difficulties.

*Cork launch event this week on Tuesday 5th September

*World Suicide Prevention Day falls on Sunday of this week, 10th September

Week 3: What judgement feels Like

11th – 17th September

The focus for this week will be on what it feels like to be judged. We will be sharing stories from people with lived experience of mental health judgement, stigma and discrimination and how it made them feel from a mental health perspective.

Week 4: Behaviours of judgement

18th – 24th September

We will explore some of the behaviours of being judged and judging others, including exclusion, discrimination and unconscious bias.

Week 5: A week to see change – what can we do to help end the judgement of ourselves and others?

24th – 30th September

For our final week, we will be focusing on the practical things that we can all do to help end mental health judgement.

We will also launch our 2023 Pass the Ribbon video this week.

Time to Talk Day

- Tuesday 12th September 2022

Time to Talk Day is an opportunity to have open and honest conversations about mental health, whether that's with family, friends or in the workplace. See Change encourages not only talking, but taking the time to listen to others about any challenges or struggles they are facing.

More information about Time to Talk Day will be available closer to the start of the Green Ribbon campaign.

World Suicide Prevention Day

- Sunday 10 September 2022
-

What is the theme of the Green Ribbon campaign this year?

Judgement

The Green Ribbon theme for 2023 is judgement in the context of having a mental health difficulty or illness. Across the month, See Change will explore what mental health judgement is, where it shows up across society, how judgement impacts people with mental health difficulties, and what we call all do to help end the unfair judgement of ourselves and others.

Keep an eye on our social media channels to learn about shame and the negative impacts it can have on people with mental health difficulties.

Language of mental health

Through events and social media posts, we will be encouraging people to become more aware of the language they use every day that may be triggering for people with mental health difficulties. We will also be encouraging people to educate themselves about mental health and mental illnesses.

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

Connecting for Life

The Green Ribbon campaign is kindly sponsored by The HSE National Office for Suicide Prevention (NOSP), which supports the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide.

Focus this year is on Goal 1 and Goal 3:

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

Find out more about the Connecting for Life Goals here:

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/>

What are the See Change 2022 monthly themes?

Throughout the year, we will be sharing information and personal stories from our Ambassadors about shame relating to mental health difficulties. We will also be dedicating each month to a different group/community:

Month	Theme
January	Self-care and the introduction of the yearly theme of judgement
February	Discovering our own judgement
March	Judgement of women
April	Judgement in the workplace
May	Judgement of mental illnesses
June	Judgement of LGBTQIA++ community
July	Judgement of Travellers
August	Pre-Green Ribbon campaign*

September	Green Ribbon campaign
October	Judgement of Black and Ethnic Minority Groups
November	Judgement in men's mental health
December	End of year reflection

*Pre-Green Ribbon campaign theme is TBC

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

To order Green Ribbons, please send the following information to admin@seechange.ie

- Name
- Address (including Eir Code)
- Phone number
- Quantity of Green Ribbons required

Can I order Green 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 directly 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 under the [Printable Resources section](#) to have them printed yourself should you need more boxes.

Can I order more boxes with my ribbon order?

We have a set number of boxes and aim to supply one box per 200 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.

*Once our boxes have been distributed, we do not have capacity or funding, to provide more boxes for additional orders.

Can I order Green Ribbons during the campaign?

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 number of Green Ribbons left, and distribute them as quickly as we can once we receive an order. Once all ribbons have been distributed, we will post on our social media, so you can keep an eye out there.

Can I order ribbons earlier in the year?

Yes, if we have stock of Green Ribbons left outside of the campaign time, you can order Green Ribbons by emailing the following information to admin@seechange.ie

- Name
- Address (including Eir Code)
- Phone number
- Quantity of Green Ribbons required

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, you can get in touch and if we have some left in stock, we will do our best to support your request.

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 public 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 volunteer@seechange.ie

Will somebody from See Change attend our event?

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 make a booking, please fill out [this booking form](#) and we will be in touch to discuss it in detail.

In the event that there is a change to Government guidelines following the pandemic, we will be providing a fully virtual service, and 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/>



[See Change -The National Mental Health Stigma Reduction Partnership | LinkedIn](#)



[SeeChangeIRL \(@seechangeirl\) | TikTok](#)

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.

***Please note, bookings are required one month in advance, and possibly longer in the run up to Green Ribbon due to the number of requests we receive.**

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. While these sessions are funded, we do gratefully accept donations in order to support the Ambassadors and provide wellbeing packs, volunteer appreciation gifts, and additional training and

materials. If you would like to make a donation following an Ambassador engagement, please let us know and we will send you the relevant 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 email is admin@seechange.ie We endeavor to get back to you within 3 working days. During busy periods this response time may be longer.

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

As we are now remote and hybrid working, 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
- See Change talking cards (business card size)
- Tea pack Envelopes
- 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)
- See Change booklets and guides:
 - Let's Talk About Mental Illness
 - Stand Up to Stigma
 - Mental Health Matters
 - A New Reality: Living with Covid-19
 - What is Stigma?