

# "Mind Your Self"



*A Men's Health Forum in Ireland conference bringing together all those concerned with the mental wellbeing of men and boys*

**Date:** Wednesday, 14<sup>th</sup> June 2006 (during National Men's Health Week)

**Time:** 10.30 am - 4.00 pm

**Venue:** Wynn's Hotel, 35/39 Lower Abbey Street, Dublin 1 (just off O'Connell Street)

## Programme

- 10.30am Registration with light refreshments
- 10.50am *Introduction, Welcome and Housekeeping*  
Chair, Men's Health Forum in Ireland
- 11.00am *Conference Opening*  
Mary Harney TD, Tánaiste and Minister for Health and Children
- 11.10am *Mind Your Own Business*  
Martin Rogan, National Care Group Manager for Mental Health, Health Service Executive
- 11.30am *Mental Health – Ensuring the User is Heard*  
Personal Perspectives  

- 11.50am Comfort Break
- 12.00md *Death rather than disclosure: Struggling to be a real man*  
Anne Cleary, Lecturer, Department of Sociology, University College Dublin
- 12.20pm *Pull Yourself Together – Masculinity, Mental Health and Help-seeking*  
Noel Richardson, Men's Health Researcher, Health Promotion Department, Health Service Executive, Southern Area & Men's Health Forum in Ireland
- 12.40pm *Summary of Morning and Questions*
- 1.00pm Lunch 
- 1.45pm *Parallel Sessions – Something for Everyone:*
- *Mental Health Education*
  - *Gay Men's Mental Health*
  - *Suicide Prevention – Initiatives and Interventions*
  - *The Importance of Being Dad*
- 2.30pm *Knowing Self*  
Keynote Speaker – Dr Tony Humphreys, Consultant Clinical Psychologist, lecturer and author
- 3.30pm *Summary of our Day and Questions*
- 4.00pm *Thanks, Close and Time to Chat*

## **“MIND YOUR SELF” REGISTRATION FORM**

<b>Name</b>	
<b>Address</b>	
<b>Company / Organisation</b>	
<b>Job Title / Badge Descriptor</b>	
<b>Telephone - Daytime</b>	
<b>Mobile</b>	
<b>Fax Number</b>	
<b>Email address</b>	
<b>Conference and Venue</b>	Mind Your Self, Wynn’s Hotel, 35/39 Lower Abbey Street, Dublin 1 (just off O’Connell Street)
<b>Date and Time</b>	Wednesday, 14 <sup>th</sup> June 2006, 10.30am - 4.00pm
<b>Special Dietary Requirements</b>	
<b>Other Requirements</b>	
<b>Preferred payment method or reason for bursary</b>	50 Euros by:

**Date:** \_\_\_\_\_

**Please send completed forms to:**

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Killinarden Enterprise Centre,  
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Dublin 24

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