

Saturday, 31st October, 2020 (31/10/20)



**Trinity College Dublin Students' Union**  
**House 6,**  
**Trinity College Dublin,**  
**Dublin 2.**

### **Press Release on TCDSU Mental Health Week 2020**

TCDSU's Seachtain na Meabhairshláinte, Mental Health Week 2020, runs from the 2nd-6th November.

We've put together a packed schedule of events to platform issues around mental health and opportunities to take a well deserved break to avail of a Yoga class, a film screening and even Free Ice-Cream for those on campus and in Halls.

Our headline event is a webinar with Blindboy Boatclub of the Rubberbandits hosted by Welfare officer Leah Keogh where they'll be discussing Mental Health, his experiences of education, how to find control during uncertain times and more, so be sure to tune in live! That's at 6pm on Wednesday, live on TCDSU's Facebook page. Link to follow.

Monday evening at 6pm we're bringing you a panel discussion about Student Mental Health during the pandemic. Join TCDSU's Welfare Officer (Leah Keogh), Trish Murphy, USI Welfare Officer (Clare Austick) and founder of DTWellbeing (Daniel Twomey) in a panel that explores how student mental health has been affected by the current climate and tips for minding your mental health during these trying times.

Tuesday evening there will be a film screening by TCD's Film Soc, followed by a webinar on Wednesday morning with the Student Counselling Service for a panel titled 'Connect 4 level 5'.

We've also collaborated with the Mature Students' Society and Trinity Yoga Society to bring you a Zoom Yoga Class at 11am on Thursday. You can find that Zoom link on our Facebook page. On Thursday evening at 5:30pm DU Psychological Society are hosting a panel discussion called 'Coping with Covid: a Mental Health Panel'.

On Friday we've organised for an Ice-Cream Truck to come to campus's Front Square and Trinity Hall at 1-3pm and provide free ice-cream, coffee and fruit-ice pops to students in a safe, socially distant manner. We hope it'll be the pick-me-up you all need for those of you around to enjoy it!

We've also got a free, self-directed suicide awareness training called START, available for all of you who wish to part-take in it. There are also a number of 'Silver Cloud' virtual programmes to help you navigate this challenging time. More information can be found on our Facebook Event TCDSU Mental Health Week.'

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We'll also be sharing cúpla focal on our social media so you can learn a little bit more gaeilge this campaign week!

Share, post and tag @tcdsu with the #mintinn and #mymind

This week also ties in with the launch of the TCD Movember campaign! While not organised by TCDSU, President Eoin Hand and Provost Patrick Prendergast have joined in the cause and will be raising money for Mental Health and Men's Health Issues by growing out their facial hair. At the same time, TCDSU Communications Officer Philly Holmes will be running at least 60km during the month to mark the event. Find out more at @movembertcd on instagram.

**Kind Regards,**

**Philly Holmes, Communications and Marketing Officer TCDSU**

On Behalf of TCDSU  
Eoin Hand, President  
Megan O'Connor, Education Officer  
Leah Keogh, Welfare Officer  
Hugh McNerney, Ents Officer