

**COMHAIRLE CONTAE FHINE GALL
FINGAL COUNTY COUNCIL**

**BALBRIGGAN/RUSH-LUSK/SWORDS AREA COMMITTEE MEETING
(Services B – Strategic & General Matters)**

THURSDAY 10th SEPTEMBER 2026

ITEM NO. 33

MENTAL HEALTH MONTH EVENTS - AI109674

Question: Councillor J. Smyth

“To ask the Chief Executive to highlight any Mental Health initiatives or events that the Council will be facilitating/hosting during the month of October to mark World Mental Health Month?”

Reply:

Fingal County Council's Community Development and Inclusion Department works in partnership with community, voluntary and statutory organisations to support initiatives that promote positive mental health and wellbeing across the county. While events taking place during World Mental Health Month are community-led rather than directly organised by the Council, the Council plays an important role in supporting, co-ordinating and promoting activities delivered by local groups and partner organisations.

A number of initiatives are currently being planned through the local **Thrive** networks. In Swords, the Thrive Swords Subcommittee is developing a programme of events which is expected to include an information session, in collaboration with the HSE, on employment supports available to people experiencing mental health difficulties, with a particular focus on the Individual Placement and Support (IPS) service. An LGBTQ+ awareness and information/training session delivered by *ShoutOut* is also under consideration. Once finalised, these events will be promoted through the Council's communications and social media channels.

In addition, the Council is considering a proposal to illuminate County Hall in green to mark the launch of World Mental Health Month and raise awareness of the importance of positive mental health and well-being.

In Balbriggan, Thrive Balbriggan is planning a programme of activities during October, which is expected to include Connect Café events and a Walk and Talk initiative, building on successful community-based events delivered in previous years. There is also potential for collaboration between Thrive Balbriggan and a recipient of a Creative Balbriggan Waves Bursary, whose community arts project is due to commence during October.

The Community Development and Inclusion Division will continue to support and promote these and other community-led initiatives throughout October, recognising the important contribution of local groups, volunteers and partner organisations in raising awareness of mental health, reducing stigma, fostering social inclusion and strengthening community wellbeing across Fingal

Source of Reply: Cormac Healy, Senior Executive Officer, Community Development & Inclusion Division