FEBRUARY 2017

Coolmine Community School are to take part in the first annual Cycle Against Suicide #SchoolsGoOrange day

#SchoolsGoOrange all over Ireland raise awareness of the key message: "It's OK not to feel OK; and it's absolutely OK to ask for help"

On Friday February 17th, students and teachers from Coolmine Community School will get their school community glowing orange for mental health awareness as part of Cycle Against Suicide's first annual #SchoolsGoOrange day.

Simultaneously schools around the island of Ireland will turn orange to spread the message that "**It's OK not to feel OK; and it's absolutely OK to ask for help"**.

#SchoolsGoOrange aims to drive mental health awareness and promoting help-seeking behaviour in second level schools across all 32 counties.

Coolmine Community School has decided to host a number of orange themed events on the day, including a balloon release, an orange cake bake sale a football blitz and much more FUN.

Participation in #SchoolsGoOrange part-fulfills the requirement for the prestigious Cycle Against Suicide Ambassador School Award presented to schools that demonstrate excellence in the promotion of mental health.

"We are really looking forward to taking part in #SchoolsGoOrange", said Ms Brophy (coordinator of the #SchoolsGoOrange initiative). "It is fantastic to be part of a movement that spans all 32 counties, which promotes help seeking behavior coupled with the crucial message that our mental health and wellbeing, just like our physical health, needs to be cared for and nurtured."

Ms Brophy went on to explain, "Our students are working very hard to prepare for our event type to spread the message, ***'It's OK not to feel OK; and it's absolutely OK to ask for help'*** in our school".

"We're excited about our first #SchoolsGoOrange day", said Cycle Against Suicide interim CEO, Colm Hayes. "A special word must go out in praise of the students and teachers who are working so hard to make the vision of #SchoolsGoOrange a reality; they are the beating heart of this special day. These young people represent the future leaders of our country and how they are driving the conversation around mental health in Ireland should give us all great hope."

Mr. Hayes continued, "We hope that through a diverse range of events from bake sales to zumbathons via hurling blitzes we will be promoting the message that 'It's OK not to feel OK; and it's absolutely OK to ask for help', and then, to empower these students to spread this message within their own homes and families. Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland."

For more information on this, the 2017 Cycle Against Suicide, or the Cycle Against Suicide Schools Programme, check out www.cycleagainstsuicide.com, search Cycle Against Suicide on Facebook, or @CASuicide on Twitter.

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