

Good 2 Talk

Counselling & Psychotherapy
Support Services

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1 College St, Mullingar, Co Westmeath

&

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31 July 2015

Invitation to:

Lakeside Wheelers Cycling Club
(Ref: Michael Reynolds Chairman)

[Cycleathon in Association with World Suicide Prevention Day 2015](#)

About Us: Good2Talk Counselling & Psychotherapy Support Services is an affordable and accessible community based counselling service located in Mullingar and just recently, Longford town. Our service has been running now for just over two years and during this time more than 700 clients have engaged in one-to-one counselling for help with a range of issues including – depression, grief, anxiety, stress, relationship difficulties, suicide ideation and self-harm. This equates to almost 6,000 counselling hours volunteered by our panel of more than twenty qualified therapists.

Our Mission Statement is as follows:

Our mission in Good 2 Talk is to support people in the community maintaining positive mental health. Good 2 Talk supports positive mental health by providing effective and accessible Counselling and Psychotherapy services. Good 2 Talk seeks to proactively work towards resolving issues that cause a decline of the mental well-being of people within our community through support and education programs.

Good2Talk Board of Directors: Chairperson: Siobhan Leijen; Asst. Chairperson Kathleen Poynton; Secretary Tommy Nally; Treasurer Bill Collentine. Members: Avril Whitney and Mick Gaffney. Company Registration Number: 507423

The Cycleathon Event:

To mark World Suicide Prevention Day 2015 Good2Talk are hosting a Cycleathon in Market Square, Mullingar on September 12th, 2015 to promote awareness of mental health.

The winners will be deemed Good2Talk Mental Health Champions 2015 and will run as follows: -

The challenge will involve 6 turbos bicycles (stationary bikes) and each team of 6 will compete by cycling from 12 noon to 6pm (approx) - each cyclist will cycle for 45 minutes and relay to next team member for total of six times. The team who cycles for the longest distance in the six hours will be awarded the title and annual trophy of Community Mental Health Champions 2015.

How can you help?

What we ask from you is that you nominate a team and a team leader from your place of work to participate in this challenge. The hope that each cyclist will sponsor Good2Talk to an average of €100 per sponsorship card. This will be a fun event while also raising awareness and much needed funds to help Good2Talk bring down the high level of suicide in our community.

We hope to make this Race Against Suicide Cycleathon challenge an annual event to mark World Suicide Prevention Day and invite you to join in on our mission.

We will be in contact with your office over the coming days to answer any queries you may have about this event or Good2Talk and hope you will be able to participate on the day.

Yours sincerely

Pat Gavin

Patrick Gavin CEO
Good2Talk Longford/Westmeath

Attachments: Poster of Cycleathon Event 12th September 2015