

7th Tuesday

Tranquility Wellbeing with Suzanne Hughes:
City Hall, Merchants Quay, V94 EH90
2:00 pm - 3:00 pm

Limerick Mental Health Week Pop-Up Book Club:
Limerick City Library, V94 RF63,
6:30 pm - 7:30 pm

10th Friday

Walk-through Introduction in the LMHA Solace Café: 12:00 pm - 4:00 pm (Multiple Tours)

BodyTree.ie Treatments @ the LMHA Solace Café
12:00 pm - 2:00 pm

LMHA Creative Arts @ the LMHA Solace Café
2:00 pm - 4:00 pm

5th Sunday Family Fun Day Launch Event

Family Health And Wellbeing Fair @ The Milk Market, 11:00 am - 3:00 pm

BodyTree.ie Free Pop-up Clinic:
12:00 pm - 3:00 pm

Family Friendly Petting Farm (Nore Valley Park):
Meet bunnies, chicks, pigs, ponies & more!
12:00 pm - 3:00 pm

Introduction to Gardening for Kids(Christine Boland) TRUGS: 11:00 am - 2:00 pm

Introduction to Salsa Dancing with Leonor Miralles: 12:00 pm - 1:00 pm

8th Wednesday

Parent & Toddler Story Time: Limerick City Library, V94 RF63, 10:30 am - 11:30 am

Journaling For Wellbeing (Mid West ARIES)
10:00 am - 12:00 pm
ONLINE EVENT, BOOKING REQUIRED

Golf Sportsmanship Activity & Mental Health Awareness Discussion: Rathbane Golf Club, 11:00 am - 1:00 pm

GROW "Recover Stories": GROW, 33 Henry Street, Limerick, 2:00 pm - 4:00 pm

Rathkeale Men's Shed Sports Day: Holycross, Rathkeale, 4:00 pm - 5:00 pm

6th Monday

LMHA Monday Movers Walking History Tour:
Arthur's Quay Park, Limerick, 1:00 pm - 2:30 pm

Sound Baths & Meditation With Michelle:
BodyTree.ie: **BOOKING REQUIRED**

Singing For Positive Mental Health With The Chimera's Choir: St. Joseph's Campus Main Entrance, Mulgrave Street, 5:30 pm - 6:30 pm

9th Thursday

Parent And Toddler Story Time:
Adare Library, 10:00 am - 11:00 am

Family Storytime: Newcastlewest Library:
10:45 am **BOOKING REQUIRED**

Storytime WatchHouse Cross:
WatchHouse Cross Library, 3:30 pm

Golf Sportsmanship Activity & Mental Health Awareness Discussion: Rathbane Golf Club, 11:00 am - 1:00 pm

Creativity For Wellbeing (Mid West ARIES):
Hunt Museum, 11:00 am - 2:15 pm
BOOKING REQUIRED

Sound Baths & Meditation with the BodyTree.ie:
12:30 - 1:30 pm **BOOKING REQUIRED**

Northstar Family Support Project's Service of Commemoration and Hope:
Augustinians Church, Limerick, 6:30 pm

7th Tuesday

Story Time: Dooradoyle Library, 10:15 am

Journaling For Wellbeing Workshop (Mid West ARIES) Limerick City Library, V94 RF63, 10:30 am - 1:00 pm **BOOKING REQUIRED**

Job Quest Bingo: Employability, Mallow Street, Limerick, 10:00 am - 12:00 pm

Building Wellbeing Step By Step Workshop (Mental Health Ireland):
Kilmallock Library, 10:30 am - 12:00 pm

11th Saturday

Services Information Day
Bedford Row, 12:00 pm - 3:00 pm

All members of the public are invited to explore and engage with the wide range of services Limerick has to offer, including mental health support, grief counselling, family services and more.

12th Sunday

80km Greenway challenge (Supporting Men's Mental Health across Limerick City):

Event Overview
Join us for an 18-hour walk to raise awareness and support for men's mental health.

Start Location: Rathkeale, Greenway
Start Time: 00:00 am (Midnight)

Estimated Schedule

- Ardagh: 2:30 am
- Newcastle West: 3:25 am
- Barnagh: 4:50 am
- Abbeyfeale: 7:40 am
- Listowel: 12:05 pm
- Tralee: 2:00 pm
- Fenit: 6:00 pm (Finish Line)

Post-Walk Celebration

Enjoy a refreshing swim at Fenit beach! Transport back to Rathkeale Greenway will be provided.



LIMERICK MENTAL HEALTH WEEK

6TH - 12TH OCTOBER

#LMHW2025

Limerick Mental Health Week aims to promote mental health across the community of Limerick City and County through free public events, talks, exhibitions, and workshops.

Our goal is to have a Limerick where people who experience mental health difficulties can recover, achieve mental well-being and reach their full potential within an informed and supportive community. #LMHW25

COMMUNITY

CONNECTION

COMPASSION

Sunday 5th - Family Fun Day (Launch Event)

The Milk Marketm Limerick V94 R602 @ 11:00 am - 3:00 pm

Free and open to the public, this Family Fun Day at the Milk Market offers something for everyone, with a lively pet farm, salsa dancing, Body Tree pop-up clinic, face painting, kids' activities, information stands, and plenty more to enjoy throughout the day.

Friday 10th - Annual Limerick Choral Union (Free Concert)

St. John's Cathedral @ 7.30 - 9.30 pm

One of Limerick Mental Health Week's Highlight Events Is Back This Year. Showcasing Performances From Local Choirs And Music Acts Including Limerick Choral Union Conducted By Malcolm Greene, Voices of Limerick Conducted By Colette Davis, St. Mary's Cathedral Choir Conducted By Peter Barley, St. John's Cathedral Choir, Killaloe Male Voice Choir, Ukeladies and The Shedder's.

Friday 10th - Walk-through of the Limerick Solace Cafe

More info on www.limerickmentalhealth.ie

Saturday 11th - Information Services Day

Bedford Row, Limerick @ 12:00 - 3:00 pm

All members of the public are invited to explore and engage with the wide range of services Limerick has to offer, including mental health support, grief counselling, family services and more.

80km Greenway challenge (Supporting Men's Mental Health across Limerick City)

Rathkeale, Greenway @ 00:00 AM 12/10/25 - 6:00 PM 12/10/2025

Join us for an 18-hour walk to raise awareness and support for men's mental health. Start Location: Rathkeale, Greenway. Start Time: 00:00 AM (Midnight)

Events are subject to change. For more information and the latest updates, please check our Social Media accounts @LimerickMHA or our website www.limerickmentalhealth.ie

With Thanks To Our Partners & Sponsors:



Scan for all event info!