



# Shine

Supporting people affected  
by mental ill health

## You Tell Us

Shine wants to hear from you on best days and times for Online Support Groups for

- Individuals with self-experience of mental ill health and
- Relatives/supporters of people with self-experience of mental ill health

Please complete our short survey

<https://www.surveymonkey.com/r/5CX8CNX>

Closing date Thursday 12<sup>th</sup> August

For more information on Shine,  
please visit [www.shine.ie](http://www.shine.ie)

Thank You!

[info@shine.ie](mailto:info@shine.ie) | [www.shine.ie](http://www.shine.ie)