*Edit the points highlighted in yellow and forward the challenge.*

**<email title>** We challenge you to participate in the National Dialogues on Mental resources on 25th of March and 22nd of May.

Dear **xxx**

We in xxx participate in the National dialogues on 25th of March and 22nd of May by organising a dialogue. We challenge you to join us! Read more below and register.

**Welcome to organise a discussion on** **Mental resources** **– what weakens them and what strengthens them in National dialogues on 25th of March and 22nd of May**

We invite you and your organisation to participate in organising a discussion on Mental resources.

*Many citizens are thinking about their own wellbeing and that of other people. Mental resources are not only dependent on individuals, they are also shaped by local networks and the entire surrounding society. People can influence their own and each other’s mental landscape in many ways in families, neighbourhoods, schools and workplaces as well as in leisure activities, culture and sports, the media and politics.*

*National Dialogues invite people living in Finland to consider what kind of things are currently undermining mental wellbeing and what factors strengthen it. The aim is to increase understanding of how the human mind’s resources are built in different life stages and situations – from childhood to old age, everyday life and in the midst of change. How can we feed the forces of thought, emotion, and imagination within and around us?*

It is important that we bring up the views of different groups. We especially want you to participate!

**How to get involved?**

Participation is easy and does not require a major input from the discussion organiser. The most important thing is the desire to join.

1. Connect the main theme of the national dialogues to a target group or topic important to you, such as: “What kind of things are currently undermining mental wellbeing at our workplace/hobby association/municipality?”
2. **Advance registration as a discussion organiser by 14.2. on** [**this form**](https://link.webropolsurveys.com/S/E0AA3EC1A0C18A75)
3. Read more about the meeting organiser's materials [on the event page](https://kansallisetdialogit.fi/en/event/mental-resources-what-weakens-them-and-what-strengthens-them/)

A summary of the discussions will be drawn up and published for open use by everyone. It is also submitted for use in public administration and decision-making.

The aim is to have a large number of dialogues organised by different actors in different parts of Finland. In these dialogues people living in Finland can engage in diverse discussions, hear each other’s views, lower boundaries between different views, insight new things, share observations and build trust together.

The discussion can be held for 2 or 3 hours, either face-to-face or remotely.

We will provide discussion organisers with a comprehensive material package and orientation.

Define a significant topic for you and sign up as a discussion organiser by 14.2. on [this form](https://link.webropolsurveys.com/S/E0AA3EC1A0C18A75).

[The event page](https://kansallisetdialogit.fi/en/event/mental-resources-what-weakens-them-and-what-strengthens-them/) gives you a good idea of what organising the discussion as a whole means.

**You are welcome to join us! Each dialogue is needed!**