Fermoy Trialogue Connections
Open Dialogue Forum
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INTRODUCTION
Fermoy Trialogue Connections evolved from a project carried out in Fermoy, Co. Cork in 2015 under the auspices of The Cooperative Learning Programme: Service Improvement Leadership for Mental Health Service Users, Carers & Service Providers, in Dublin City University.

DESCRIPTION
TRILOGUE which is an exercise in open communication, OPEN DIALOGUE, between consumers, carers, professional mental health workers and anybody with an interest in mental health/mentall wellbeing to come together, sharing equal status, to informally discuss topics, concerns, problems relating to mental health/mental wellbeing in an open and safe environment.

Through this OPEN FORUM a culture of receptive participation is encouraged which leads to a greater understanding of mental health issues that individuals may encounter.

SIGNIFICANCE
Everybody has equal status and mutual respect is expected for all. Participants in the Trialogue are informed not expect a diagnosis, prognosis, or that there is a “we can fix it” approach for individuals, but the open discussion definitely helps air problems that stem from a simple lack of knowledge or understanding or a simple fear of asking for help. Exchanging facts and ideas in these open discussions.

OBJECTIVE
The initial vision was to provide a peer led emergency emotional/first aid service to people experiencing a mental health crisis. (Support network). However on exploration/discussions with various stakeholders, it was discovered that there is a “Disconnected Culture” in the community regarding mental health support services. Consequently this led to the setting up of Fermoy Trialogue Connections

CONCLUSION
OPEN DIALOGUE can provide diversity towards mutual understandings and contribute to a commonly agreed objective. Topics for the Trialogue meetings can be suggested from a previous meeting or at the meeting itself and the discussion organically evolves from there.

Resulting from OPEN DIALOGUE FORUM the vision of a peer led emergency emotional/first aid service to people experiencing a mental health crisis developed and is operating independently of health service providers. Through the lessons learned at FERMOY TRILOGUE CONNECTIONS/OPEN DIALOGUE FORUM the project is being expanded into other areas in North Cork.