

Ciara McCullough is a Social Activist & Mental Health Campaigner. Having shared her own mental health journey of depression and mental health, in 2015, she became an Ambassador for SeeChange, the organisation who are responsible for the Green Ribbon Campaign to promote mental health awareness.

She now works heavily alongside the Cycle Against Suicide, a charity to promote positive mental health and spreading the message " It's okay, not to feel okay and its absolutely okay to ask for help". Ciara contributes as a Motivational Speaker, sharing her story in order to promote that anything is possible when we ask for help.

An active fundraiser, Ciara has always been at the forefront of events to promote positive mental health and raise awareness and funds for different organisations. Her most recent efforts include running 1000KM of The Wild Atlantic Way to raise funds for the Children's Grief Centre, the only centre in Ireland to offer support for grieving children. Ciara raised over €40,000 to help contribute to the building of a new centre.

A successful business owner, Ciara is a professional photographer who regularly uses her skills behind the camera to help deliver her message.

In most recent times, she has qualified as a Mindset Coach and Mindfulness Teacher, where she is dedicated to empowering individuals to rewire their mindset, unlock their unlimited potential and become the best version of themselves.

Ciara regularly speaks at conferences on the topic of mental health.