EUROPEAN
HEALTH FORUM
GASTEIN

Keane, Sinead
spunout

Sinead is CEO of spunout, Ireland’s youth information and support platform, working towards an Ireland where all young people are supported and empowered to thrive. spunout has a range of free and accessible tools and services that focus on mental health promotion, literacy and early intervention to support youth mental health and wellbeing. They provide immediate, free and anonymous text 24/7 support to anyone who wants to talk through Text Text About It.

Prior to joining spunout, Sinead was Deputy CEO of Belong To - LGBTQ+ Youth Ireland. Sinead sits on the Board of Directors Cybersafekids and is a former Director of the National Women's Council of Ireland. Sinead has a BA in Communication Studies from Dublin City University and an MSc in Clinical Integrative Psychotherapy from University College Cork. She is an accredited therapist with the Irish Association for Counselling and Psychotherapy.