



# CHO 8 Midlands Louth Meath

## MECC Supports at a Glance

### Stop Smoking

#### QUIT

The **HSE QUIT Team** provide one-to-one personal support over the phone or online (if people prefer to sign up for an online quit plan)

Visit: [www.quit.ie](http://www.quit.ie)

Freephone: **1800 201 203**

Free Text: **QUIT to 50100**

### Alcohol and Drugs



#### HSE Drugs and Alcohol Helpline:

Freephone 1800 459 459 for confidential information and support.

(Mon to Fri; 9.30a.m to 5.30pm)

### Healthy Eating



<https://www.safefood.net/>

- for information on food safety, healthy eating, recipes resources and campaigns

### Mental Wellbeing



The **YourMentalHealth information line** is a phone service you can call any time. A member of the team can tell you about: the mental health supports and services available to you and how to access different services provided by the HSE and our funded partners.

**Freephone: 1800 111 888**



[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) for accurate and up to date information on alcohol. The website also provides information for people who are worried about their own drinking, or worried about someone close to them, and has a service finder where you can search for local supports

### Active Living



[www.getirelandactive.ie](http://www.getirelandactive.ie) provides motivation and guidance to get people active, includes directory of places to get active in each locality. Information also available providing advice to people living with various health conditions about overcoming concerns about becoming more active.



The **Samaritans** telephone service is available 24 hours a day. For confidential, non-judgmental support:

Freephone: **116 123**

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Visit: [www.samaritans.ie](http://www.samaritans.ie) for details of your nearest branch



[www.drugs.ie](http://www.drugs.ie) for Drug and Alcohol Information, Support and Resources. This website also provides a directory of drugs and alcohol services per county.

