

Covid-19 affects Travellers too Look after your mental health

✔ Do...

- Talk to people.
- Remember good times with family and friends.
- Accept your feelings.
- Value one day at a time.
- Eat good and regular meals.
- Listen to music.
- Limit your time on social media and news channels.
- Exercise and get fresh air.
- Respect HSE Covid-19 guidelines.
- Say a prayer and stay safe.s

✘ Don't...

- Trust everything you hear - check facts.
- Risk getting into arguments.
- Avoid looking at how you feel.
- Visit your family at this time.
- Excess on alcohol and drugs.
- Let negative thinking take over.
- Let social media take over your day.
- Ever feel alone or trapped. Local Traveller organisations are here to help.
- Risk your life or that of others.
- Spread the virus.

For Guidance and Support contact:

Traveller Covid-19
Helpline on
083 1006300
9am-9pm every day

HSELive on
1850 241850

Or contact your local
Traveller organisation

Coronavirus
COVID-19

