

That's great! Here are things that can help keep you feeling good

- Healthy food
- Walking / Activity
- Chat with friends



Talk to your Community Health Worker or Traveller Organisation

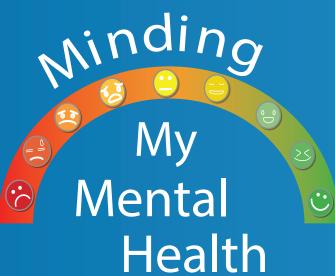
- Samaritans 116123
- GP
- Reach out to someone you find helpful



Reach out its time to ask for help

- 999 or 112
- Go to your hospital or A&E Dept.
- GP doctor on call
- Department of Psychiatry









Supported by HSE Mental Health Engagement

Working for and with People using Mental Health Services, Family Members, Carers and Supporters

Have your voice heard in Mental Health Services

Get involved:

E-mail: mhengage.mlm@hse.ie Website: http://www.hse.ie/mentalhealthengagement

Developed by Travellers and Traveller Organisations in Midlands Louth Meath Community Health Organisation Area





