



What do you do if you're feeling happy

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

- Healthy food
- Walking / Activity
- Chat with friends



Mind yourself. Talk to someone you trust

Talk to your Community Health Worker or Traveller Organisation

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



Its ok not to be ok

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



What colour mood am I in today



feeling good • not a bother • happy out



Not too bad • under pressure • a bit stressed



Not coping • Not in a great place • don't even go there

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

Samaratins 116123 / Contact 1800 111 888 to access services provided by the HSE



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



HSE Mental Health Services