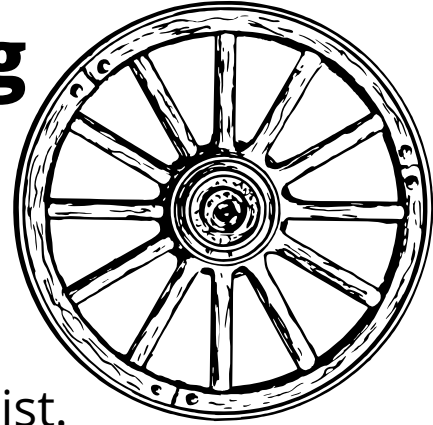




# Traveller Youth

## Mind your Wellbeing

### during Covid-19



Set yourself a daily routine, a 'to do' list.  
Stay connected with your friends and family by phone  
and social media.

Get some fresh air and exercise everyday.

Try to eat and sleep well.

Do things you enjoy doing...listen to music or  
catch up on TV shows.

Balance your use of social media...give your  
mind a rest too.

Stick to the facts...Get reliable information and advice.



National Traveller Helpline-

083 1006300

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

[www.hse.ie](http://www.hse.ie)



HSE Mental Health Services

