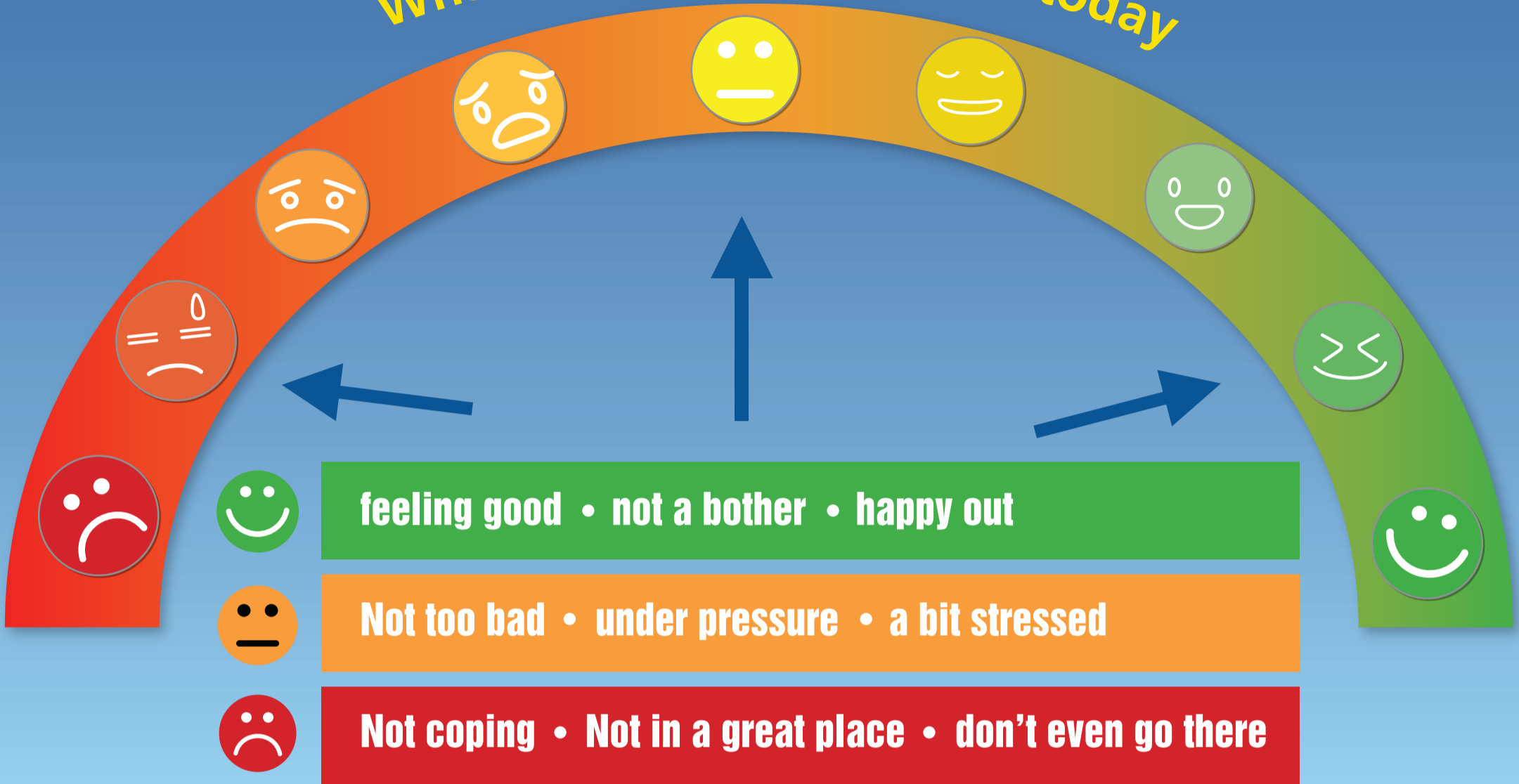


Minding My Mental Health

What colour mood am I in today



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
- Tea with friends

Mind yourself. Talk to someone you trust

Talk to your Community Health Workers 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



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

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