







OUR VISION

"A county where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing"





8 HOURS SLEEP MAKE THE OTHER 16 EASIER



#littlethings can make a big difference.







"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind".

Henry James





"Once you choose hope, anything's possible".

Christopher Reeve

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IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM



#littlethings can make a big difference.







"We need an information campaign around mental health issues, I know if I cough up blood I should go to the doctor because my chest infection has got really bad – but I don't know what the signs and symptoms of common mental health issues are for me or my family"

Local Consultation Submission No. 24









"There is the need to promote a range of community based support services that will provide early interventions across all ages in Donegal"

Local Consultation Submission No. 169







"Make sure all service providers and the community and voluntary sector are linked up and that there are clear access points to services and clear pathways of care and support"

Local Consultation Submission No. 1.











"There seems to be gaps between services. When you're depressed or having a mental breakdown you need to be able to access a service quickly and easily"

Local Consultation Submission No 64.





ADD FRIENDS TO YOUR TEA

Keeping in touch with triands is proven to have a positive impact on how you fiel.





Little things can make a big difference. Find the elitifethings that such for you.

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PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have a positive impact on how you feel.



Little things can make a big difference. Find the distinisting that work for you



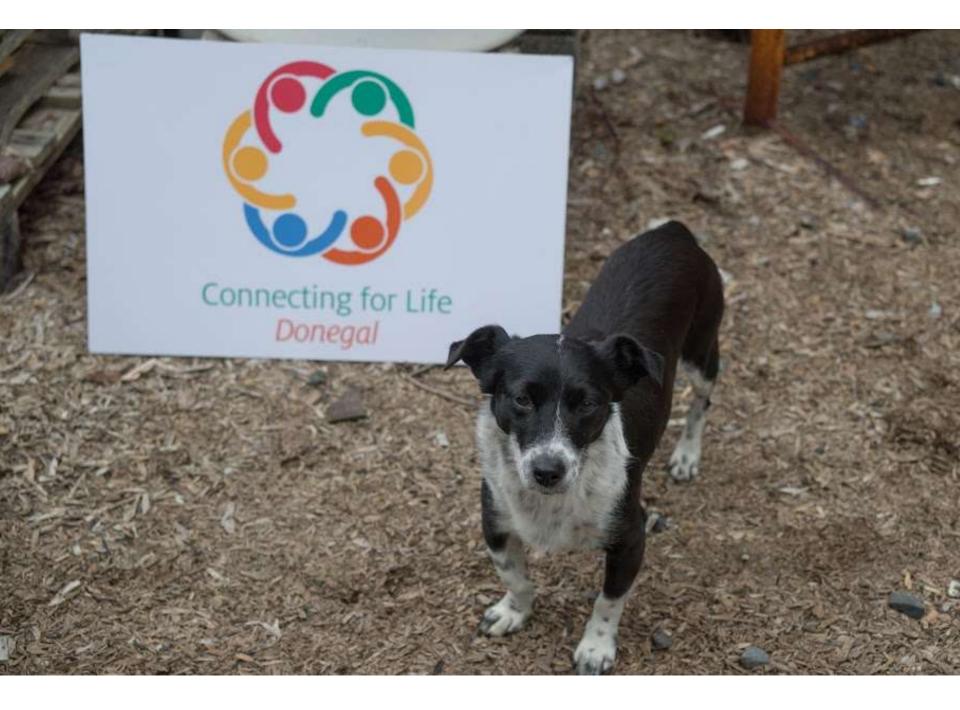
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"A whole community approach is required with a recognition of the community social capital available to assist in the process"

Local Consultation Submission No. 58



DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS



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BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, batanced disk is proven to have a positive impact on how you lied





Little things can make a big difference. Find the dittlethings that work for you.

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"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come". Anne Lamott





LENDING AN EAR IS LENDING A HAND



#littlethings can make a big difference.

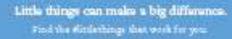




THE MORE YOU MOVE THE BETTER YOUR MOOD

> Getting regular essentitive to provers to have a positive impact on have you feel.





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