



Connecting for Life *Donegal*



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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”





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www.garda.ie
GARDA

GARDA
16-8221

**8 HOURS
SLEEP
MAKE
THE OTHER
16 EASIER**



#littlethings can make a big difference.





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“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



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***“Once you choose hope,
anything's possible”.***

Christopher Reeve






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**IF A FRIEND
SEEMS
DISTANT
CATCH UP
WITH THEM**



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“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



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Ole Tam



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“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



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Mar a bhí sé, Mar atá sé





“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.

Ionad
Seirbhísí
Teanga



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“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.




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ADD FRIENDS TO YOUR TEA

Keeping in touch with friends is proven to have
a positive impact on how you feel.



Little things can make a big difference.

Find the little things that work for you.

yourmentalhealth.ie



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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 #1 things that work for you.

yourmentalhealth.ie



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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



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**DRINK LESS
AND
GREAT NIGHTS
BECOME
GOOD
MORNINGS**



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lyit

Institiúid Teicneolaíochta
Leitir Ceannainn
Letterkenny Institute
of Technology



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“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 Submission Submission No. 24



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BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have
a positive impact on how you feel.



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



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DO THINGS WITH OTHERS

THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven
to have a positive impact on how you feel.



Little things can make a big difference.

Find the #things that work for you.

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SMARTTALK




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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






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**LENDING
AN EAR
IS LENDING
A HAND**



#littlethings can make a big difference.





THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have
a positive impact on how you feel.



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RAPHOE FAMILY RESOURCE CENTRE



Please pull





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