



Westmeath GAA Supporting Mental Health Is Everybody's Business



Make & Take time for yourself

Set realistic goals and keep things in perspective.

Spend time with people who make you feel good.

Accept who you are and don't judge yourself too harshly. **Nobody's** perfect, we all have our good & bad points.

Be active every day in as many ways as you can

Dare to dream.

Ask for help when you need it - If you are unable to talk to those close to you, call a Helpline.

Talk about your feelings - "Talking is a sign of strength".

Maintain a healthy diet - Good food is essential for your mind and body to work properly.

Avoid binge drinking - Excess alcohol and drug abuse can increase anxiety and lead to depression.

MIDOC Westmeath
Out of Hours Service: 1850 302 702
Operates from 6pm to 8am Monday to Friday and 24-Hour basis on Saturday, Sunday and Public Holidays.

Citizens Information
National HELPLINE 0761 07 4000

SAMARITANS
Samaritans Help Line
1850 609 090

Aware
Helping to Defeat Depression
Phone: 1890 303 302

GROW
World Community Mental Health Movement in Ireland
057 93 51121
1890 474 474

Shine
Supporting People Affected by Mental Ill Health
1890 621 631

BODYWHYS
The Eating Disorder Association of Ireland
1890 200 444
(01) 2834963

LGBT HELPLINE
Call us in confidence
1890 929 539
Supporting lesbian, gay, bisexual and transgender people

GPA
Gaelic Players Association
Confidential counselling support line
FREEPHONE 1800 201 346

Gamblers Anonymous
01-8721133
www.gamblersanonymous.ie

Alcoholics Anonymous Ireland
Leinster Phone Service: 01-84 20700
www.alcoholicsanonymous.ie

The Drugs/HIV Helpline
Freephone
1800 459 459
Confidential Support & Information Service

+OPTIONS
CRISIS PREGNANCY SERVICES
FREETEXT LIST TO 50444
www.positiveoptions.ie

NUTRITION & HEALTH FOUNDATION
Phone: + 353 1 605 1570
www.nutritionandhealth.ie

Get Ireland Active
Promoting Physical Activity in Ireland
www.getirelandactive.ie
Email: info@getirelandactive.ie

ASAP Programme
Alcohol and Substance Abuse Prevention
Westmeath ASAP Programme Officer
0863742203

WESTMEATH COUNTY LIBRARY SERVICE
Healthy Reading
WWW.WESTMEATHCOCO.IE/LIBRARY

sosad
Save our Sons and Daughters
Emergency Contact 24/7
Ph: 041 98 48754
Email: info@sosadireland.ie
Bow House, O' Moore Street, Tullamore
057 9346704 083 1711238

EmployAbility Midlands
Tel: 057 9323901
Email: tullamore@employabilitymidlands.com
www.employabilitymidlands.com

SVP
Society of St Vincent de Paul
Mullingar 044 9343868 Athlone 0906409064

1life
suicide helpline
1800 24 7 100
Text 'HELP' to 51444

Pieta House
Preventing Self-Harm & Suicide
Call: (01) 601 0000 Email: mary@pieta.ie

CONSOLE
1800 201 890
Bereaved by Suicide

Midland Suicide Prevention Service
086 815 7320

