



My Mind Matters

Tips for good mental health

Take time for yourself.

Set realistic goals and keep things in perspective.

Spend time with people who make you feel good.

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

Be active every day in as many ways as you can.

Dare to dream.

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

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 can increase anxiety and lead to depression.

SAMARITANS

Samaritans Help Line
1850 609 090

Console Helpline:
1800 201 890
LIVING WITH SUICIDE

1 Life Suicide
1800 247 100
Text 'HELP' 51444

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

HE Midland Suicide
Prevention Service
086 815 7320

Aware
Your supporting light through depression
Aware Helpline 1890 303 302

1850 222300 **Barnardo's**
Barnardos Bereavement Counselling for Children

The Drugs/HIV Helpline
Freephone
1800 459 459

Al - Anon - Ireland
Phone : 01 8732699

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

Anti-Bullying Centre
Trinity College Dublin
01 8962573

BODYWHYS
1890 200 444
(01) 2834963

ProYouth
The European initiative for the promotion of mental health and the prevention of eating disorders
www.proyouth.eu

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

Garda Confidential Line
1800 666 666

Citizens Information
Free & Confidential - 1890 777121

Money Advice & Budgeting Service
mabs
MABS Helpline 1890 283 438

DEPRESSION: Information and Support for EVERYONE
lean on ME
www.leanonme.net

Teen-Line IRELAND
It's your call
We're here to listen
1800 833 634
7pm-10pm

REACH OUT.COM
Reach out (Youth Mental Health)
01 764 5666

WESTMEATH COUNTY LIBRARY SERVICE
Healthy Reading
www.westmeathccco.ie/library



Someone to listen
Someone to talk to

For more sources of support and help visit www.aisling.ie

