



HEALTH & WELLBEING SUPPORTS

Tacaíochtaí sláinte agus folláine



The Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well.

Connect

Connect with People around you at home, work, school and in your community.

Be Active

Step outside, Walk, Dance, Discover a physical activity that suits your lifestyle.

Take Notice

Savour the moment, Be aware of the world around you.

Keep Learning

Try something new, Re-discover an old interest.

Give

Do something nice for a friend or a stranger, Thank someone, Volunteer, Join a community group.



your mental health.ie
Information | Support | Services

yourmentalhealth.ie
1800 111 888

Childline
Chat online 24/7
[@childline.ie](https://www.childline.ie)
Freephone 24/7
1800 666 666

HSE HSE Addiction Supports
HSE Drugs and Alcohol helpline
1800 459 459
Freephone
9.30am - 5.30pm Mon - Fri

www.askaboutalcohol.ie
www.drugs.ie
www.gamblersanonymous.ie
www.quit.ie

spunout
text about it

Free, Anonymous, 24/7
Text Service
Free Text Hello to
50808
to start a conversation
www.textaboutit.ie

ALONE
YOU'RE NOT ALONE

Support for older people
0818 222 024

RAPE CRISIS NORTH EAST

Rape Crisis North East
1800 77 88 88
counselling@drcc.ie
www.drcc.ie
free and confidential
support, live webchat
& resources.

pieta

24 hour free
crisis helpline
1800 247 247
or text HELP to 51444
(standard charges apply)
www.pieta.ie

Emergency Services
Tel 112 or 999

SAMARITANS

24 hour free helpline
116 123
jo@samaritans.ie
www.samaritans.ie



The Eircode for this location is

CLOGHAN
A75 EH39



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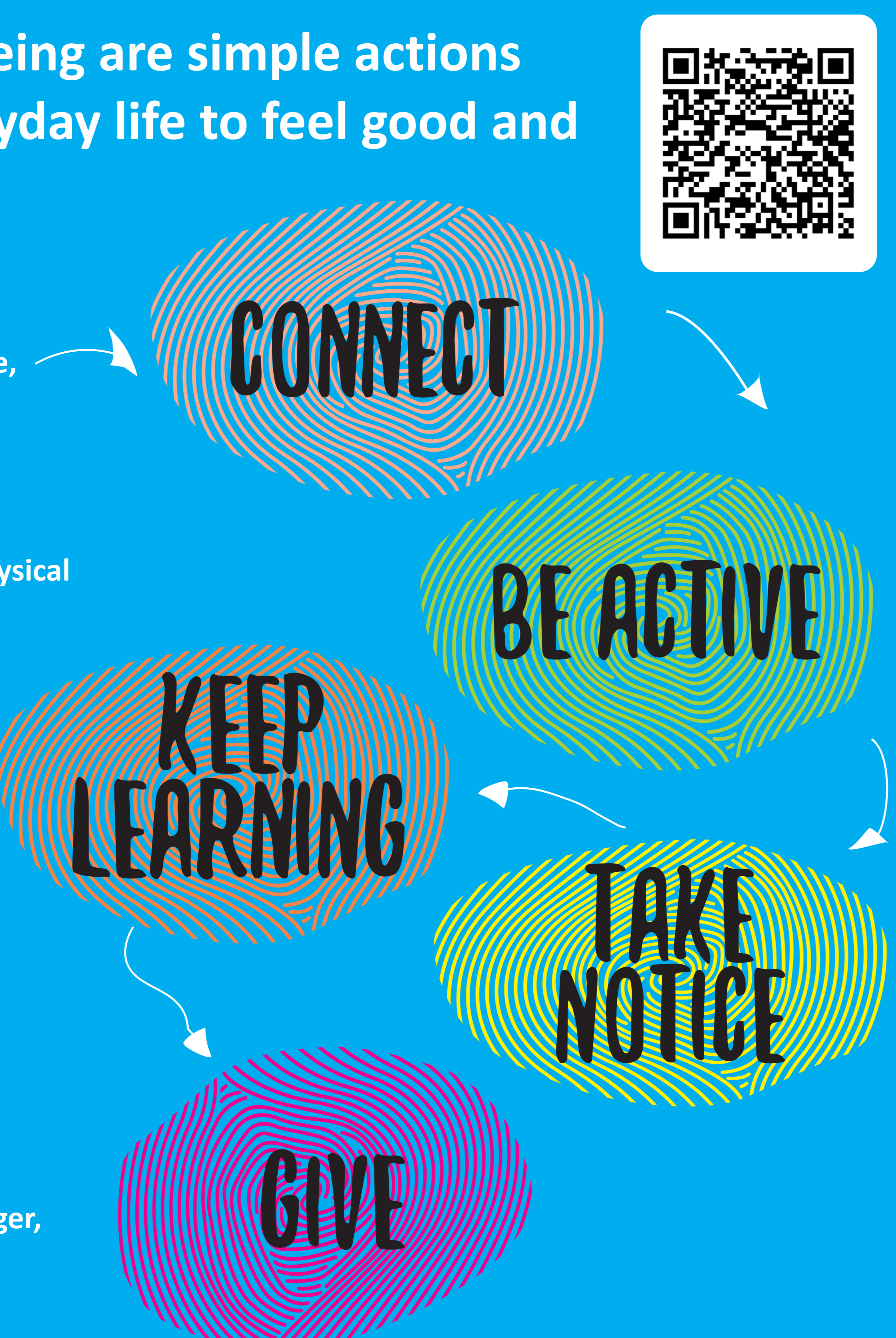
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