



Look after yourself
Look after your mental health
www.yourmentalhealth.ie

WWW.CAPICHEDESIGN.COM / 01 4535805

Get advice on money problems
Taking control of your money problems may help reduce your stress. Contact the Money Advice and Budgeting Service (MABS) for advice on 0761 072000.

Talk about it and ask for help
Talking about your feelings is a good way to cope with a problem. Speak to someone you trust such as your partner, a family member or friend. If you are feeling overwhelmed by sadness or despair, contact your GP. If you feel there is no one to talk to call the Samaritans on 1850 609090.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

The National Office for Suicide Prevention / HSE

DEVELOPED BY

This card gives practical information on how to look after your mental health and on where to get help if you or someone you know is in crisis and needs to talk.

Keep active

Regular exercise will help you sleep and relax, look and feel better. A half an hour walk most days can make all the difference.

Alcohol - Watch what you drink

Sometimes people drink alcohol to deal with or forget about problems but this can make you feel worse when the alcohol wears off. Avoiding too much alcohol is important, if you are feeling down or worried.

Get involved

Keeping or taking up new hobbies or volunteering may help you meet people, feel less alone and more confident.

INFORMATION CARD



Look after your
mental health
in tough
economic
times

How to look after your mental health

To look after your mental health choose one or two steps below to start and build up to as many as you can each day.

Take it one day at a time

Focus on the here and now and trust that you will have what it takes to cope with tomorrow. While this may feel impossible, think of times when you overcame certain situations in your life and improve your self confidence. Plan your day so that at the end of it you will feel you have achieved something.

Eat and sleep well

A healthy balanced diet and trying to get regular sleep will help your physical health and will also help you to be more positive and have more energy.

How to support someone you are worried about

Sometimes we need support to look after our mental health. Any of us can experience real distress in a time of crisis, which can make someone think of suicide or talk about suicide. This can be caused by too many strong feelings and thoughts at the one time such as stress, losing a job, money worries, health problems, the death of someone close, the break up of a relationship or a combination of some of the above. If you are concerned about someone you can follow these steps.

Listen

Listening to someone can help them feel supported and less alone.

Reassure them. Show you care

Offer support and let them know you care.
Say something like:

“I’m worried about you and I want to help”

“What’s up? I’m very worried about you”

Ask the question

Don’t be afraid to discuss suicide - asking about it won’t put the idea in people’s heads.

Get professional help

Do not leave a suicidal person alone.
Encourage them to look for help:

“There are people who can help you out of this situation”

Support services

If you, or someone you know, needs support, someone to talk to or is in crisis:

- * Contact your local GP or family doctor.
- * Contact your GP out-of-hours service.
- * Go to or contact the Accident and Emergency Department of your nearest hospital.

For details of local health services you can contact:

HSE Health Information line **CallSave 1850 241850**
(8:00am-8:00pm, Monday to Saturday)

Contact Samaritans

on 1850 609090 or email jo@samaritans.org
24 hours a day

FOR MORE INFORMATION ON MENTAL HEALTH AND WELLBEING

Go to www.yourmentalhealth.ie

Contact Mental Health Ireland on 01 2841166

Email: info@mentalhealthireland.ie

Contact Aware - Depression support
LoCall Helpline: 1890 303302 (10am-10pm)
Email: info@aware.ie Go to www.aware.ie

FOR INFORMATION ON MONEY AND DEBT MANAGEMENT

The **Money and Budgeting Service (MABS)** is a free and confidential service for people in debt or in danger of getting into debt.

Helpline: 0761 072000 (Monday-Friday 9:00am-8:00pm)

Email: helpline@mabs.ie



FOR INFORMATION ON ENTITLEMENTS, RETRAINING AND EMPLOYMENT OPPORTUNITIES

Citizens Information provides free & confidential information on public services and entitlements in Ireland.

Lo-Call 0761 074000.

www.citizensinformation.ie

Citizens Information 