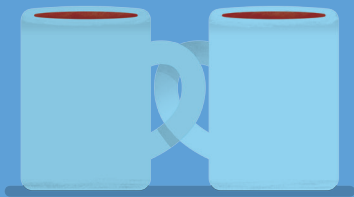


ADD FRIENDS TO YOUR TEA

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



#littletings can make a big difference

The only thing better than a cup of tea, is a cup of tea with friends. So keep this card somewhere to remind you to catch up with friends and family for a good old chat about what's going on in your life. It'll do you good.

We all go through tough times. When we do, little things can make a big difference to how we feel.

Keep active

Talk about how you feel

Do things with others

Eat healthily

Stay in touch

Drink less alcohol

Look out for others

Sleep well

Find the little things that work for you.



Foillimneacht na Seirbhíse Sláinte
Health Service Executive

116 123



[yourmentalhealth.ie](https://www.yourmentalhealth.ie)

#littlethings