

LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have
a positive impact on how we feel.



#littletings can make a big difference

Being there for people, and offering a listening ear when they need to talk, will make a big difference, for them and for you. Keep this card somewhere to remind you to catch up with friends and family for a good chat about what's going on in their life.

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

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yourmentalhealth.ie

#littlethings