

IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



#littletings can make a big difference

It's easy to lose touch, so keep this card somewhere to remind you to catch up with friends and family for a good old chat.

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.



Fodhúscumannacht na Seirbhíse Sláinte
Health Service Executive

116 123



yourmentalhealth.ie

#littletings