

Mind Monster #2

RELEASE THE BOTTLED UP MONSTER



Little things like sharing a problem with someone you trust can help take a load off.

yourmentalhealth.ie

Information | Support | Services

If you feel down or need help, talk to an adult that you trust.
Contact Childline by phone or text for free. Visit yourmentalhealth.ie

ISPCC
Childline
1800 66 66 66 or
Text 'talk' to 50101



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service