

Mind Monster #1

SHAKE OFF THE SLEEP MONSTER



Little things like getting 8 hours sleep
can make the other 16 easier.

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



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Mind Monster #2

RELEASE THE BOTTLED UP MONSTER



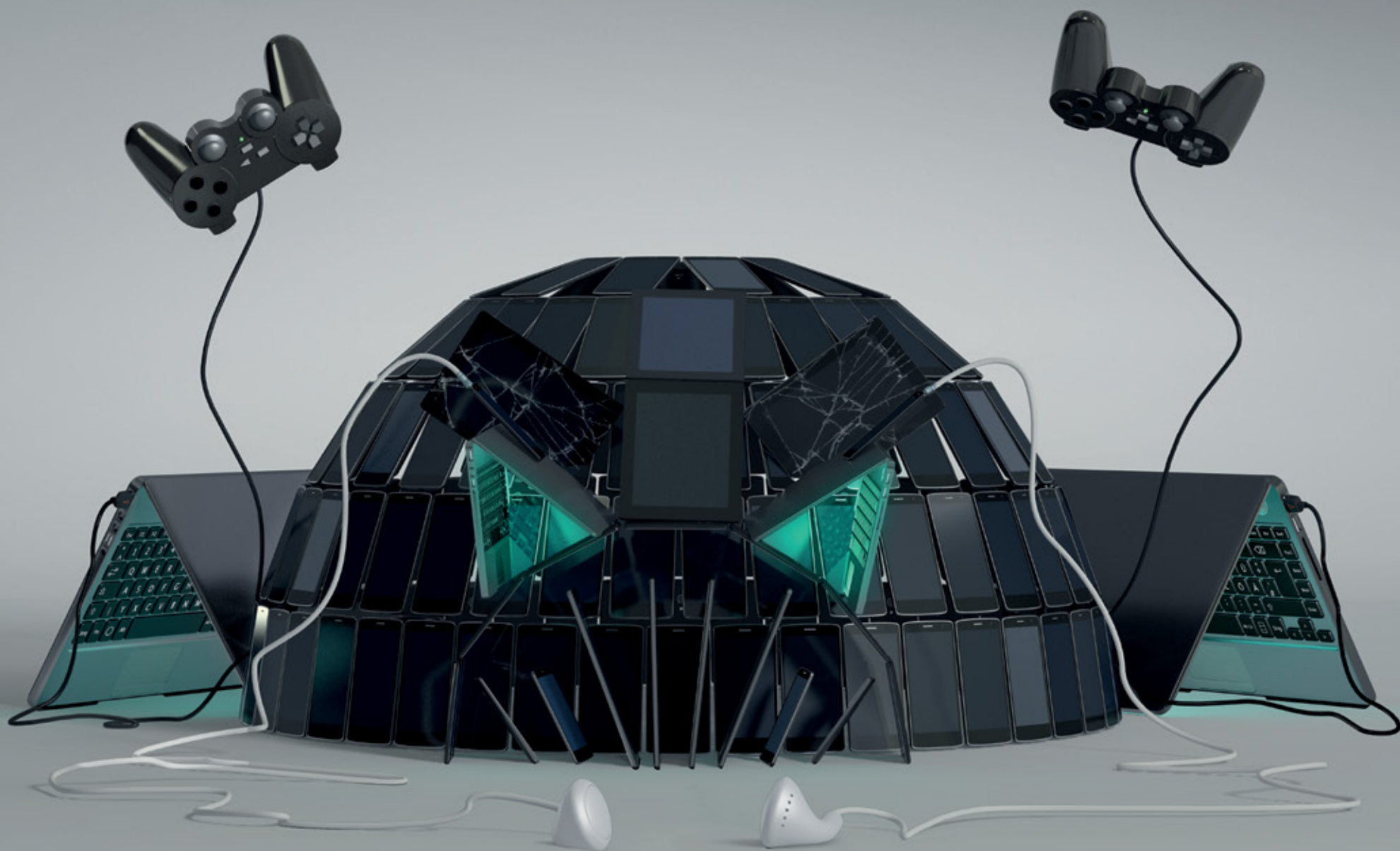
Little things like sharing a problem with
someone you trust can help take a load off.

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Mind Monster #4

DETOX FROM THE DIGITAL MONSTER



Little things like reducing time spent with
technology can help recharge your mental health.

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Mind Monster #5

OUTSMART THE EXAM MONSTER



Little things like a 10 minute break
every hour can help keep your mind fresh.

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