your mental health.ie

Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some things you can do to look after your mental health:

Keep active
Regular exercise can really give you a boost.

Talk about it
Problems feel smaller when they are shared with others.

Eat and sleep well
A balanced diet and a good sleep pattern will help the way you feel and think.

Drink less alcohol
Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy
Setting aside quality time for yourself can really help, particularly if you are not feeling great.

Stay in touch
Trusted friends and family are important, especially at difficult times. You're not alone.

REMEMBER:
Everyone is different and we all need help from time to time. Asking for help is a sign of strength. Visit **yourmentalhealth.ie** for information on minding your mental health and supports and services.

Connecting for Life

yourmentalhealth.ie

HSE Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service