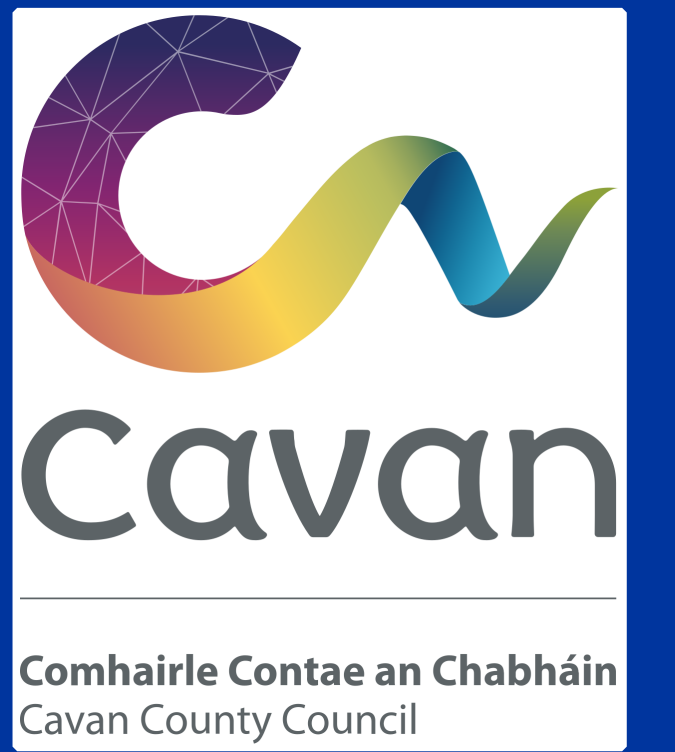


HEALTH & WELLBEING SUPPORTS

tacaíochtaí sláinte agus dea bhail



The Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well.

Connect

Connect with People around you at home, work, school and in your community.

Be Active

Step outside, Walk, Dance, Discover a physical activity that suits your lifestyle.

Take Notice

Savour the moment, Be aware of the world around you.

Keep Learning

Try something new, Re-discover an old interest.

Give

Do something nice for a friend or a stranger, Thank someone, Volunteer, Join a community group.



SAMARITANS

24 hour free helpline
116 123
Jo@samaritans.ie
www.samaritans.ie

text about it
50808

24 hours free text
text HELLO 50808
Free and anonymous



24 hour free crisis helpline
1800 247 247
Or text HELP to 51444 (standard charges apply)
www.pieta.ie
Therapy enquiries
0818 111 126

Childline

24 hour free helpline
1800 66 66 66
Text TALK to 50101
www.childline.ie
to chat online anytime.
Childline is Ireland's only
24 hour active listening service
For young people up to the age of 18.



1800 77 88 88
counselling@drcc.ie
www.drcc.ie
free and confidential support, live webchat & resources

Emergency Services
Tel 112 or 999

Addiction Supports

HSE Drug and Alcohol helpline
1800 459 459
Freephone 9.30am-5.30pm Mon-Fri
www.askaboutalcohol.ie
www.drugs.ie
www.gamblersanonymous.ie
www.quit.ie
National quit line smoking cessation
1800201203



1800 111 888



The Eircode for this location is
H12 HX02

www.cavancoco.ie/wellbeingboards



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