

# PLAN TO PROTECT YOUR MENTAL HEALTH

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## CONNECT

TALK, LISTEN, REACH OUT

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## BE ACTIVE

WALK, ACTIVITIES, SPORT

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## TAKE NOTICE

WITHIN, AROUND, PAUSE

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## KEEP LEARNING

HOBBY, COURSE, SKILL

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## GIVE

VOLUNTEER, KINDNESS, CHARITY

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**Mental Health  
Ireland**

Support is available

**Samaritans**

Free Phone 116 123

jo@samaritans.ie

www.samaritans.org

**Your Mental Health**

www.yourmentalhealth.ie

For an A-Z on  
mental health see

**www.mentalhealthireland.ie**



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