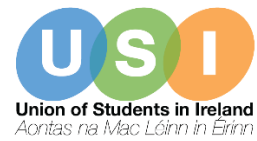
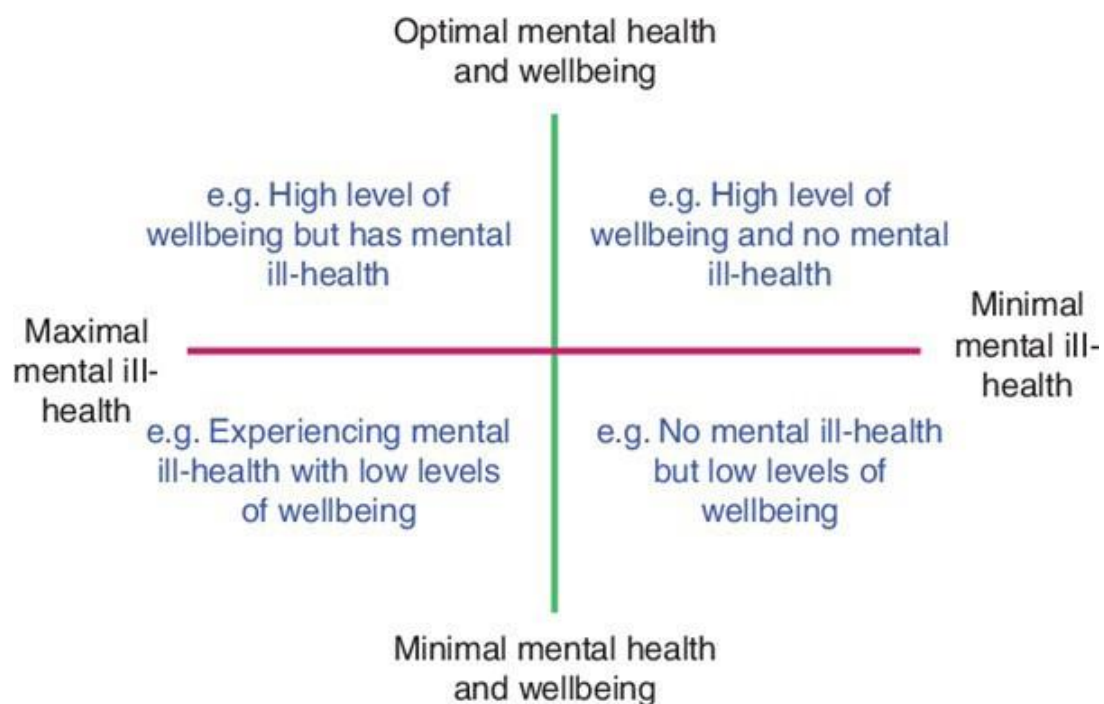




Your Wellbeing



This page allows you to check in with your wellbeing and mental distress levels. It helps to check in with this tool at regular times to see how things are fluctuating or staying the same. If you are consistently in the bottom left corner, please reach out for help, and make sure you are getting the support that you need.



mentalhealth.usi.ie

HSE

yourmentalhealth.ie

Bodywhys

01 201 7906 | bodywhys.ie

Samaritans

116 123

jo@samaritans.ie

LGBT Ireland Helpline

1890 929 539 | Online chat at lgbt.ie

info@lgbt.ie

Rape Crisis Helpline

180 77 8888 | counselling@rcc.ie