Supports available

If in CRISIS please call:

Your local G.P.

Samaritans (24/7)

Freephone: **116 123**

SUPPORTS

Text about it (24/7)

Text free: **50808**

INFORMATION

www.yourmentalhealth.ie

YourMentalHealth (HSE) 24/7 info line Freephone: **1800 111 888**

www.citizensinformation.ie

www.hse.ie



Visit our website:

www.hellohowareyou.info







Say Hello and ask: How drop

Hello

HELLO ENGAGE

Say Hello

and ask

How are

you?

Engage Actively with the listen person to the

LISTEN

listen about the to the person between how they

LEARN

OPTIONS

Give time to talk through options

> Hello HOW ARE YOU?

