DO SOMETHING CREATIVE

Doing something creative can make you feel happier. Activities like writing, singing or doing something musical can help improve your mood, especially if you feel anxious or low.

Experiment until you find something that suits you. Why not get creative outdoors during brighter days and try gardening, painting or photography?

Find activities

There are many sources of information you can use to find out what is happening in your area, for example

- **the library**
- **local education and training boards**
- parish newsletters
- notice boards in shops

Talk about things

Problems feel smaller when they are shared with others. Talking about your feelings is a good way to deal with a problem. Reach out to someone you can trust, to talk through anything that's on your mind.

Mental health supports

The **www.yourmentalhealth.ie** website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners.

You can also call the freephone, YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

IF YOU NEED TO TALK TO SOMEONE TODAY

Freephone the Samaritans on **116 123**, anytime day or night for confidential, non-judgmental support. Or email **jo@samaritans.ie**.

Text **HELLO** to **50808**. A free 24 hour text service, providing support for people going through a mental health difficulty or emotional crisis.

The information in this leaflet has been supplied by the HSE Mental Health Service.

Booklet Audio File available at:

gov.ie/summerready

OEP Phone: 01-237 3800
Twitter: @emergencyIE
E-mail: oep@defence.ie

Be Summer-Ready

MINDING YOUR MENTAL HEALTH THIS SUMMER

Rialtas na hÉireann
Government of Ireland

Minding your mental health this summer

It's important to mind your mental health all year round but the summer can be busy and easy to fall out of good routines. There are a lot of practical ways to maintaining good mental health.

KEEP ACTIVE

Keeping active can help protect both your physical and mental health and summer is a great time to try something new. Make the most of the good weather and longer evenings. Meet up with a friend for a walk, get out your bike and explore a new area or try a new activity, such as swimming.

Regular exercise will help you sleep, relax and feel better. Exercise helps reduce stress and boosts your energy levels. It can also be a good way to meet people and get more involved in your community.

EAT A HEALTHY DIET

When it comes to mental health, what you eat can make a big difference. Fruit and vegetables are a great source of vitamins and minerals. Add dark green and orange fruit and vegetables to your shopping. Include things like beans and lentils. Making healthier food choices will improve your physical and mental health and fitness.

DO THINGS WITH OTHERS

Social contact and being active in your community can improve your mental health.

Try to:

- meet more people
- build a network of friends
- get involved in activities

It can take courage to meet new people, but it can make a big difference in how you feel.

Getting involved doesn't have to cost money. There are many free activities you can do, for example:

- join or organise walking groups
- encourage friends to join you for a quick game of football
- get together with neighbours for a local clean up