

The background is a vibrant, abstract composition of overlapping, semi-transparent shapes in various colors including yellow, red, blue, green, and orange. Superimposed on these are black outlines of human figures, some in profile and others more abstract, creating a sense of a diverse group of people. The overall effect is dynamic and colorful.

**LOOKING
AFTER YOUR
MENTAL
HEALTH**

So, what is Mental Health?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices.

Factors Negatively Affecting Mental Health

Sleep
problems

Relationship
problems

Genetics

Excessive
stress

Discrimination

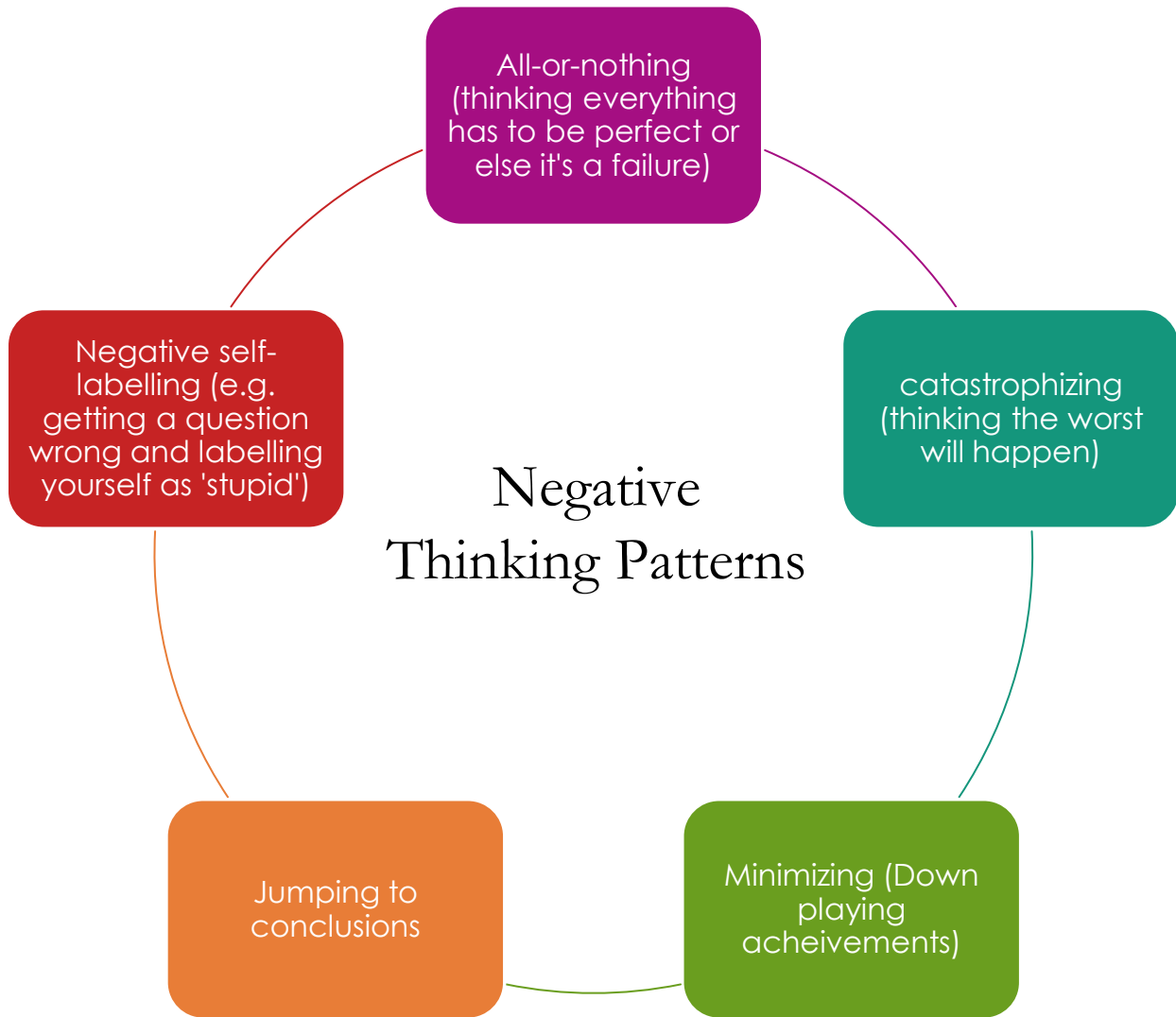
Bereavement

Physical
health

Bullying

Difficulties at
work/school

Poverty



Negative thinking patterns are like a bad habit we get into. They can take over and control our lives which prevents us living life to the full. It is important that we challenge these negative thoughts.

Am I falling into a thinking trap?

Is this a possibility or a certainty?

What would I tell a friend if they had this thought?

What is the worst thing that can logically happen?

Is this a fact or a negative belief?

How to approach someone if you're struggling and need help

Telling someone you are struggling can be really frightening and overwhelming. Therefore, many people tend to struggle in silence. They may worry what people will think of them and of being judged.

However scary and difficult it may be to approach someone if you are struggling, it is so important that you receive the help you need rather than trying to cope with everything on your own.

If you are struggling and are unsure of how to open up to someone try these 3 simple steps recommended by psychotherapist Lindsey Fleming.

Plan it out: When is the best time. Write out what you're going to say. Think about what specifically you have been struggling with.

Pick your form of communication: In person. Texting/calling. Write a letter

Practice: Practice what you are going to say & how you think they will respond. Keep it simple.

Self-Care

Self-care is a very important part of looking after your mental health. Even if it just to take 5/10 minutes out of your day to do something that makes you feel happy and relaxed.

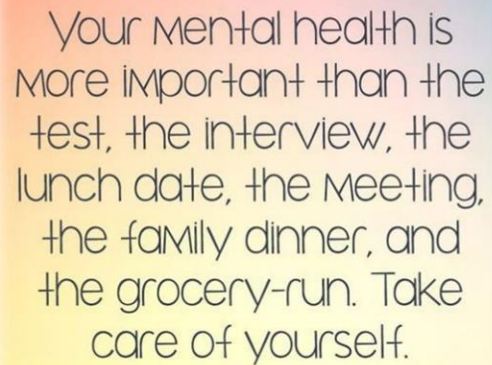
Here are some self-care ideas:



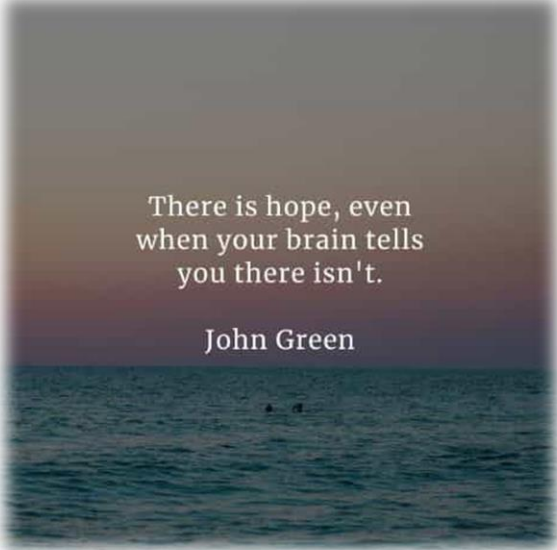
Positive Quotes for when you need some
Encouragement & Hope



IN THE END,
WE ONLY
REGRET
THE CHANCES
WE DIDN'T
TAKE.



Your mental health is more important than the test, the interview, the lunch date, the meeting, the family dinner, and the grocery-run. Take care of yourself.




There is hope, even when your brain tells you there isn't.

John Green




If I can survive the war that I battle with myself, I can survive anything.



"Just because no one else can heal or do your inner work for you

doesn't mean you can, should, or need to do it alone."

-Lisa Olivera



GIVE YOURSELF THE SAME CARE & ATTENTION THAT YOU GIVE TO OTHERS AND WATCH YOURSELF BLOOM

Helplines & useful links

<https://www.samaritans.org/samaritans-ireland/>

<https://jigsaw.ie/>

<https://www.bodywhys.ie/>

<https://www.aware.ie/>

<https://www.pieta.ie/>

<https://www.belongto.org>

A quote by Glenn Close is centered on a background of overlapping, semi-transparent geometric shapes in shades of purple, blue, and green. The quote is in a bold, white, sans-serif font.

**“What mental health needs is more sunlight,
more candor, and more unashamed
conversation.”**

Glenn Close