

Traveller counselling service

Minding your mental

People might feel fearful, anxious, unsure and worried during this crisis, it is important that we take time to mind our own mental health and support those around us to take care of their mental health.

- Getting reliable factual information from a trusted source is very important, as some of the posts from the internet can increase fear, anxiety and stress
- It is important to stay in touch with family and friends and other people in your life
- Getting regular exercise will help you sleep, relax and feel better, it helps to reduce stress and boosts your energy levels and protects both your physical and mental health, for example getting out for a walk
- It is important to find ways that helps you unwind and relax, listening to music, films reading, looking after horse or other activities
- It is important to maintain a healthy diet, plan your meals in advance - this will help you to eat more nutritious foods, save money and rely less on take aways and processed foods, likewise taking the opportunity to sit down together and having meals as a family
- Limiting the amount of alcohol people take can help people to feel better and more able to cope and also cut down on stress
- Talk to your children about coronavirus, give children and young people the time and space to talk about the outbreak. Share the facts with them in a way that suits their age, without causing alarm
- If someone is in a crisis, it is important that they get help as soon as possible, If you need to talk to someone urgently you can call 999 or 112 or the Samaritans 24-hour free phone 116123

There are also many [online mental health resources and phone services](#) that can help just follow the link.

If you need to contact the Traveller counselling service our contact details are

Email: info@travellercounselling.ie

Ph: 01-8685761

mobile 0863081476

