

Mental Health Literacy Campaign



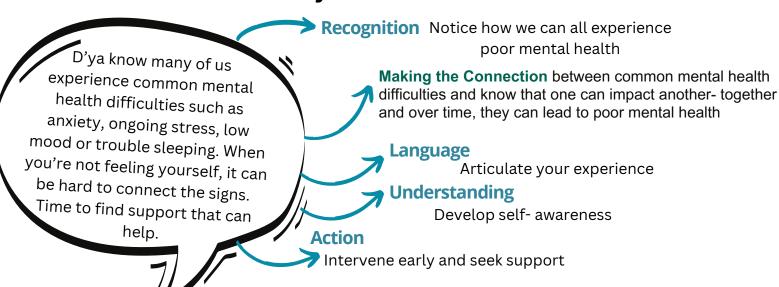
"Make the connection" between common mental health difficulties and know how and when to get support

Many of us find it hard to recognise that lack of sleep, low mood, anxiety and stress are all part of our mental health because they are often considered as the result of other factors that happen outside of ourselves like work and lifestyle choices. But over time, they can lead us to experiencing poor mental health. When we understand that these four difficulties impact one another, we can focus on improving one, to help improve the rest. Making the connection helps us maintain our mental health before it becomes harder to manage. By developing our language and understanding around our mental health, we can then act and find support when we need it.



Make a Connection by Making a Connection

Start a conversation with yourself and others



Start building your own mental health literacy levels and find ways to support someone else on yourmentalhealth.ie