

WEST BE WELL



## MENTAL HEALTH SUPPORT

Galway, Mayo & Roscommon  
[www.westbewell.ie](http://www.westbewell.ie)

Directory  
of Services



News and  
Events

Training  
Opportunities

24/7  
Supports

West Be Well is a multi-channel digital platform providing information on wellbeing, mental health promotion and suicide prevention initiatives and supports in Galway, Mayo and Roscommon.

Visit our website [www.westbewell.ie](http://www.westbewell.ie) via the QR code above  
and follow our social media channels below.



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Cúram Sláinte Phobail, Iarthar  
Community Healthcare West



Connecting for Life  
Galway, Mayo and Roscommon

