



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

116 123

**SAMARITANS**  
IRELAND

# DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven to have a positive impact on how you feel.



Little things can make a big difference

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
[#littlethings](https://twitter.com/littlethings)