

Multi-Lingual Health Bulletin available here

Health and Wellbeing.

Important information for a healthy life

Information guide to

نشرة المعلومات الصحية المتاحة هنا

健康信息公告在這裡提供

Bulletin d'information sur la santé disponible ici

Biuletyn Informacji o Zdrowiu dostępnny tutaj

Buletinul de informare pentru sănătate disponibil aici

Доступен информационный бюллетень по вопросам здравоохранения

National Office for Suicide Prevention (Donegal):
Anne Sheridan, Mental Health Promotion/ Resource Officer for Suicide Prevention, 31 College Campus, Letterkenny, Co. Donegal.
Phone: 0749109120 or 0866540423.
Main office: 0749104688 or Email: anne.sheridan@dohc.ie

Pieta House: Pieta House North West, 3rd Floor, Grand Central Building, Canal Road, Letterkenny, Co. Donegal, F92BK7Y.
Phone: 0749126804; Opening Hours: Monday to Friday, 10am to 5pm. Helpline 1800 247 247; Suicide & Self Harm Crisis Centre www.pih.ie
Other Mental Health supports and local organisations:
Samaritans: if you need to talk to someone immediately.
Tel: 116 123 free.

Aware Donegal: Mental Health support
www.aware.ie; Free Call 1800 80 4042
Mon-Sun 10am-10pm
Donegal Women's Centre,
Port Road, Letterkenny.
Offer a free listening service and a "low-cost" counselling service.

Five ways to wellbeing

Будем ли мы здоровым

ТОКРАСАНДАН ДУК КИТАМАН

Cinq façons d'assurer votre bien-être

خمسة طرق للسعادة

تواضع - كبرياء الملاحظات - التقدير - اللامعية

النشاط - العطف

Cinci moduri de a asigura binele tău

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