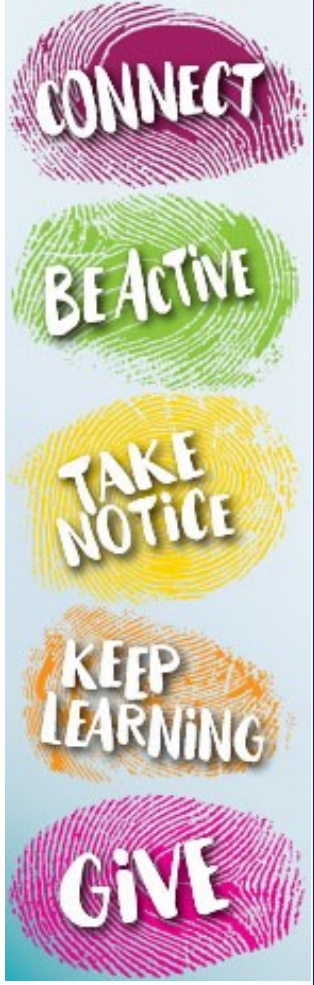

























Business S'ports It's People

Mental Health Is Everybody's Business



5 Ways To Wellbeing



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|--|---|---|--|
| <p>My Mind  Centre for Mental Wellbeing +353 76 680 1060 9 +353 85 781 0747 66 O'Connell Street Limerick</p> | <p>Suicide or Survive  1890 577 577 01 272 2158 info@suicideorsurvive.ie</p> | <p>IFPA (Irish Family Planning Association)  1850 49 50 51 27 Mallow St. Limerick V94 X8KC</p> | <p>Alcoholics Anonymous  018 420 700 gso@alcoholicsanonymous.ie</p> |
| <p>Aware  Your supporting light through depression supportmail@aware.ie 1800 80 48 48 (Mon-Sun 10am-10pm) www.aware.ie</p> | <p>Reach Out (Online youth mental health service)  general@reachout.com</p> | <p>Samaritans  116 123 20 Barrington Street Limerick V94 AC60</p> | <p>Gamblers Anonymous  +353 1872 1133 Social Service Centre, Henry Street Limerick V94 2W14</p> |
| <p>ISME (Irish Small & Medium Enterprises Association)  Irish SME Association +353 01 662 2755 info@isme.ie</p> | <p>LGBT Helpline  1890 929 539 01 685 9280 info@lgbt.ie</p> | <p>Suicide Bereavement  061 400 133 info@livinglinks.ie Denmark Street Limerick V94 P26V</p> | <p>Narcotics Anonymous  +353 162 8000 Social Service Centre, Henry Street Limerick V94 2W14</p> |
| <p>Pieta House  061 484 444 mary@pieta.ie info@pieta.ie Ardaulin, Mungret, Limerick V94T258</p> | <p>CAMHS (Child & Adult Mental Health Services)  CHILD & ADOLESCENT MENTAL HEALTH SERVICES Mon-Fri 9:30-5:00: 061 483 388 Rosbrien Road, Limerick V94 XW57</p> | <p>Jigsaw  061 974 510 limerick@jigsaw.ie 3rd Floor Arthur's Quay House, Limerick V94 XVRO</p> | <p>Get Ireland Walking  www.getirelandwalking.ie</p> |
| <p>ADAPT (Domestic Abuse Services)  061 412 354 ADAPT House, Rosbrien, Limerick info@adaptservices.ie</p> | <p>Limerick Library A library is a hospital for the mind." - Dooradoyle Library +353 61 556 860 dooradoylrlibrary@limerick.ie</p> | <p>Grow  061 318 813 1890 474 474 info@grow.ie 33 Henry Street Limerick V94 HPP9</p> | <p>Safe Food (Recipe's, food advice, hygiene etc.)  info@safefood.eu www.safefood.eu</p> |
| <p>Blue Box (Creative Arts Therapy Centre)  061 315 070 LEDP, Roxboro Road Limerick</p> | <p>Limerick Suicide Prevention  085 275 2800 limericktsp@gmail.com</p> | <p>Limerick Suicide Watch (Promote Mental Health Awareness)  www.limericksuicidewatch.ie</p> | <p>Workplace Wellbeing Day  01 605 1500 www.ibec.ie info@ibec.ie</p> |



For information on Company Health and Well-Being Programmes/
 Events or Support
 Visit: www.limericksports.ie
 E-mail: info@limericksports.ie