

# Minding Our Auld Pavees



*The Community Mental Health Fund, supported by the Department of Health*



Rialtas na hÉireann  
Government of Ireland



# Stay Safe, Stay Well...

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Get a good night's sleep



Take time for yourself through prayer



Take your medication as advised by your GP or pharmacist



Ring your GP if you are worried about your health



Keep up with family and friends by phone call



Let people know if you are lonely or need support



Send best wishes by card or phone call to bereaved Travellers

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***Remember this time will pass***