

# HEADSUP

supporting U and  
your mental health

**NEW!**

Phone  
Support  
Service

## In response to the COVID-19 crisis, we are launching our HeadsUp telephone support service for women.

This is a confidential service which offers non-judgmental support and guidance to help you manage your mental health during this difficult time.

This is done by talking about your current situation, triggers, problem solving, and setting small achievable goals that will help you feel better

We offer:

- Tailored practical advice and ideas to use on a daily basis.
- Signposting and where needed referrals and follow up calls.
- Regular check in calls
- Interagency working to best support **YOU**

For More Information Contact Mags:

☎ 087 790 7778



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas