

NØ SHAME

CAMPAIGN TO RAISE MENTAL HEALTH AWARENESS WITHIN THE YOUTH OF THE TRAVELLING COMMUNITY

ABUSE

FEAR

I'M NOT
WANTED

AM I OKAY?

ANXIETY

ISOLATION

I CAN'T
DO THIS

**IT'S OKAY
TO ASK
FOR HELP**

IF YOU OR SOMEONE YOU KNOW IS AT RISK OF SUICIDE OR SELF-HARM, YOU SHOULD MAKE CONTACT IMMEDIATELY WITH ONE OF THE FOLLOWING:

PHONE OR GO TO YOUR LOCAL DOCTOR GO TO THE ACCIDENT & EMERGENCY DEPARTMENT OF THE NEAREST HOSPITAL CALL 999

CHILDLINE
TEL: 1800 66 66 66
24HR A DAY ONE TO ONE CHAT
- 10AM-4AM

TEXT BULLY OR TALK OR HELP
TO 50101 FROM 10AM TO 4AM

THE SAMARITANS
TEL: 116 123
TEXT: 087 2 60 90 90

AWARE
(DEPRESSION & BI-POLAR DISORDER)
TEL: 1800 80 48 48

PIETA HOUSE
(NATIONAL SUICIDE HELPLINE)
TEL: 1800 247 247