

Healthy Food for Life



**BOOST YOUR MOOD
WITH HEALTHY FOOD**



www.healthyireland.ie



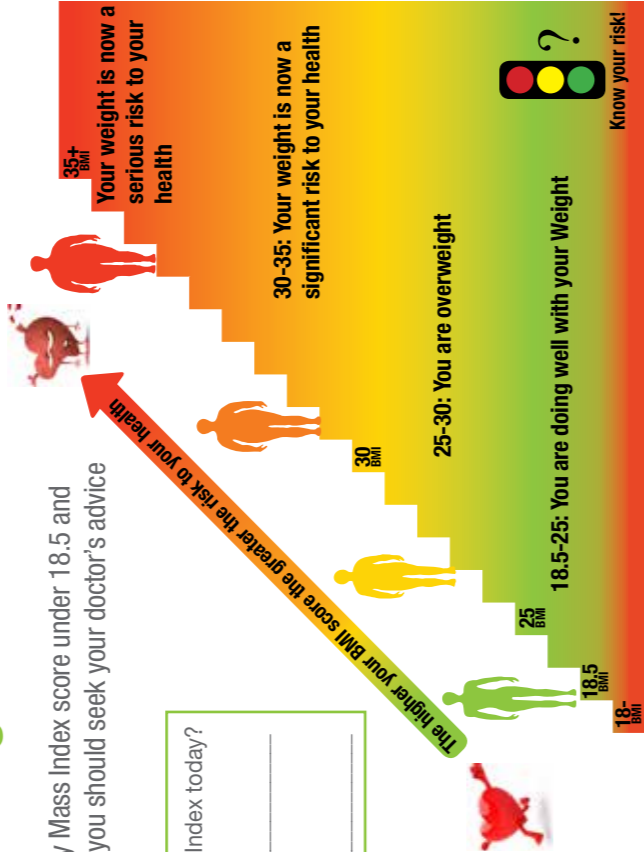
Healthy Weight for Life



For Body Mass Index score under 18.5 and over 25 you should seek your doctor's advice

My Body Mass Index today? _____

DATE: _____



Let's Get Active!



We should all aim to achieve the following:

30 Minutes
a day

which can be
5 Days
3 x 10 minutes a week



**THE MORE YOU MOVE
THE BETTER YOUR MOOD**



www.getirelandactive.ie

Remember some physical activity is better than none!



QUIT.ie 1800 201 203

Seeking support to **Quit** smoking doubles your chances of quitting and staying quit. **Never give up giving up!**



Smoking Cessation

HSE smoking cessation clinics Kerry
Phone: Margaret Enright: 066 7184510

margaret.enright1@hse.ie

Cork City Tobacco Cessation Support Service

Phone: 021-4921641

Email: miriam.oshea@hse.ie

West Cork Tobacco

Cessation Support Service.

Phone: 021-4921641

Email: gayle.monahan@hse.ie

1800 201 203

support@quit.ie

HSEQUIT

@HSEQuitTeam



The more your exposure the greater the risk to your health

Your smoking is a serious risk to your health. Seek support to Quit

Your ongoing exposure to secondhand (passive) smoke is a significant risk to your health

Even brief moments around secondhand (passive) smoke can harm peoples health. There is no safe level of any exposure

Congratulations you are smoke free and enjoy a smoke free environment



Key Health Messages

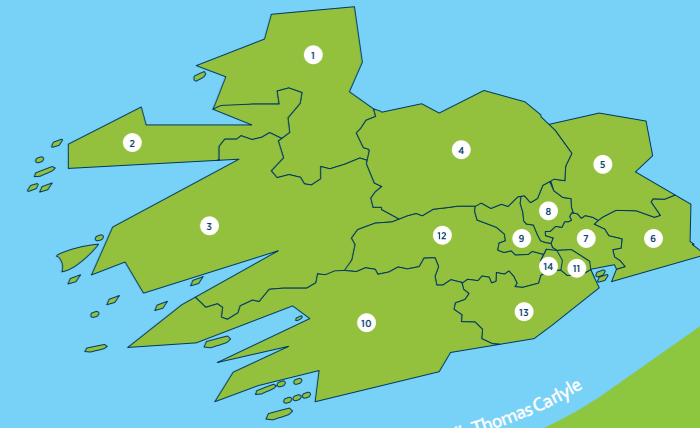


Signposting to further support



Further Information

Cork Kerry Community Healthcare



"He who has health has hope, and he who has hope has everything" - Thomas Carlyle



**Steps to a
Healthy Body
Healthy Mind**

Healthy Mind Healthy Body



DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

HOW AM I FEELING TODAY?

WELLBEING CHECK IN

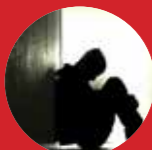


SIGNPOSTING



CRISIS

- Feeling hopeless,
- Feeling isolated,
- Dark thoughts,
- Not coping



- If you feel overwhelmed and cannot cope go to your doctor
- If they are closed phone **SouthDoc 1850 334 999**
- You can also go to the Emergency Department at your general hospital which is open **24 hours a day 7 days a week**
- **Emergency service number: 999 or 112**



STRUGGLING

- Under pressure to cope



Share your problems talk to someone:

- Your own Doctor
- Samaritans 24/7: 116123 samaritans.org
- Childline (ISPCC) 24/7: 1800 666 666 childline.ie
- Pieta House: 1800 247 247 info@pieta.ie



yourmentalhealth.ie

We all should attend our family doctor for a yearly check up!



FEELING YOU ARE ON TOP OF THINGS

- Coping with lifes ups and downs



Life Balance



Supports



Eat Well



Get Active



Alcohol use



Quit Smoking

To support a Healthy Mind

Rethink Your Drinking



DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS



SIGNPOSTING

SD= STANDARD DRINKS

High Risk Use



- HSE Local Substance Misuse Service
- HSE South Addiction Service Kerry: (076) 1083000
- HSE South Addiction Service Cork: (021) 4968933
- Alcoholics Anonymous Cork: (01) 8420700 gso@alcoholicsanonymous.ie
- Alcoholics Anonymous Kerry: (01) 8420700
- Talk to your Doctor
- Drug & Alcohol helpline: 1800 45 94 59
- Family Support Network For people & families affected by substance misuse 01 8980148

Increased Risk Use



Lowest Risk Use



Less than 6 standard drinks at any one time



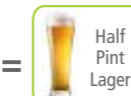
Alcohol use is not recommended while Pregnant

What is a standard alcohol drink?

Did you know?

1 standard drink (SD) contains 10g of pure alcohol

1 SD Standard drink



Half Pint Lager

or



Pub Measure Spirit

or



Small Glass Wine

...and some drinks are more than one standard drink

2 SD	2.5 SD	10 SD	2 SD	8 SD	1.2 SD	6.5 SD
Pint Lager/Stout	Can Cider	Fagon Cider	Quarter Bottle Wine	Bottle of Wine	Alcopop	Naggin 200ml spirit

*This is an approximate guide only



askaboutalcohol.ie

drugs.ie



Building a Better Health Service

Seirbhís Sláinte Níos Fearr á Forbairt



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