



Hi Everyone. The Department of Health & the HSE in collaboration with other relevant partners have developed a Mental Well-Being Campaign to offer support & resources to help deal with the stress, anxiety and isolation currently experienced by many people during this difficult time.

The **'TOGETHER'** Campaign was launched on Saturday 11th April.

Our Board at Group Link and staff of the 3 projects ([Children's Group Link](#), [Waterford Traveller youth support Project](#) & [Waterford Youth Transport Service](#)) have examined this important resource and extracted key points which are relevant for the young people we deal with. We have summarised these key points below which we think are very useful in the current circumstances. We would encourage all our members, volunteers and supporters to read through the key messages. The full **'TOGETHER'** campaign is hosted on [Gov.ie](#) which points people to the HSE's [Your Mental Health](#) supports and resources which include many online and telephone services, as well as providing tips and advice. We hope this is useful. We will be posting further advice and tips over the coming weeks having consulted with individuals who provide services and supports to Children's Group Link and who specialise in positive mental health, well-being & resilience.

GETTING THROUGH COVID-19 TOGETHER

"no matter what you're going through, let's stay connected and make it through, together".
#Together

A Few Pieces of Advice:

- **Stay connected** - keeping in touch with people, and talking about how you feel, can really help.
- **Create a routine** - if you're at home, getting up, staying active and eating at regular times helps you feel more in control.
- **Stay Active** - whether you're indoors or can still go out for exercise, move around as much as you can.
- **Have a healthy diet** - this advice never changes - but eating well really does help your mood.
- **Reduce stress** - you're not working or schooling from home - you're at home, in a crisis, trying to work or do school work. There's lots of great ways to reduce stress.
- **Stop scrolling – switch off** - it's good to keep informed but try to limit how much news you're following and take a break every day.
- **Get creative** - try some activities like painting, singing, dance, keeping diaries, making plans etc. No one is watching.