

Mental health advice

Are you experiencing anxiety, ongoing stress, low mood or trouble sleeping? They're all common difficulties and are part of your mental health. Learn how to make the connection and find support that can help at www.YourMentalHealth.ie or freephone **1800 111 888** anytime, day or night.

If you need a calming chat or immediate help with a mental health crisis, text **50808**, a free 24/7 text service.

Top-up your protection from COVID-19 and flu in the months ahead



Both the COVID-19 and flu viruses can cause serious illness, particularly for those around us at high risk.

To help keep everyone safe:

- Make sure you've had your recommended vaccines
- Keep your hands clean and cover your coughs or sneezes
- Open windows and doors to let fresh air in if you're meeting indoors
- Wear a face mask in healthcare settings, public transport and busy places
- Stay at home if you're feeling unwell and avoid close contact with people

See what vaccines are recommended for you and your family.

Visit www.hse.ie/covid19vaccine for information and to book a COVID-19 vaccine appointment for you or your child or talk to your GP or pharmacy.

Visit www.hse.ie/flu for more information on flu vaccines and to use our pharmacy finder.

Find information in translated and accessible formats at www.hse.ie/covid19vaccinematerials

For health information in Ukrainian, visit www.hse.ie/Ukraine



Your local health services

Our health service is here for us all, from routine to urgent care.

Keep this leaflet handy for contacting health services in your area.

www.hse.ie has lots of health information and advice to help you keep well this winter.



HSELive is here
7 days a week to
answer your questions.
Freephone 1800 700 700



Direct message
@HSELive on Twitter

Do it online

www.hse.ie brings together handy online services and information from the HSE.



The health A-Z has useful information about a whole range of health conditions that you might need help with. It's a good place to start for expert advice on symptoms and treatment when you're feeling sick. There's also help for managing long-term health conditions, like asthma or diabetes, day to day. The HSE's **www.mychild.ie** provides information for parents and parents-to-be on pregnancy, baby and toddler health.

Use **www.hse.ie** to apply online for your medical card, GP visit card or European Health Insurance Card. You can also order birth, death or marriage certificates online.

Call the HSE

HSELive can help with information about the health services available to you.



Freephone **1800 700 700**, Monday to Friday 8am to 8pm or Saturday and Sunday 9am to 5pm.

My GP



My pharmacy



Feeling unwell?

Winter is a time when many of us can feel under the weather. For everyday issues such as coughs, colds, headaches and minor cuts or sprains you can buy medication and get advice from your local pharmacist.

GP out of hours

Shannondoc 0818 123 500 or 061 459 500 (North Tipperary)

Caredoc 0818 300 365 (South Tipperary)

If you don't have a GP, use the GP finder on **www.hse.ie** to find one near you.

Injuries

Injury units can treat broken bones, dislocations, sprains, strains, wounds, scalds, and minor burns.



Your local injury unit	Availability	Contact
Nenagh Injury Unit, Nenagh Hospital	8am to 8pm, 7 days. Adults and children aged 5 and older	067 42311
Minor Injuries Unit, Our Lady's Hospital, Cashel	9am to 5pm, Monday to Friday. Adults and children aged 3 and older	062 70409
St. John's Injury Unit, St. John's Hospital, Limerick City	8am to 7pm, 7 days. Adults and children aged 5 and older	061 462132

Emergencies

An Emergency Department (ED) deals with serious injuries and life-threatening emergencies. Please only attend if necessary. Our teams will assess you when you arrive; this is called triage. It means that some people may have to wait while we can care for those most in need first.



EDs are open 24 hours a day, every day of the year.

Phone **112** or **999** if you need urgent medical help.

Emergency Department

Tipperary University Hospital

University Hospital Limerick