

Covid-19 affects Travellers too Look after your mental health

✔ Do...

- T**alk to people.
- R**emember good times with family and friends.
- A**ccept your feelings.
- V**alue one day at a time.
- E**at good and regular meals.
- L**isten to music.
- L**imit your time on social media and news channels.
- E**xercise and get fresh air.
- R**espect HSE Covid-19 guidelines.
- S**ay a prayer and stay safe.s

✘ Don't...

- T**rust everything you hear - check facts.
- R**isk getting into arguments.
- A**void looking at how you feel.
- V**isit your family at this time.
- E**xcess on alcohol and drugs.
- L**et negative thinking take over.
- L**et social media take over your day.
- E**ver feel alone or trapped. Local Traveller organisations are here to help.
- R**isk your life or that of others.
- S**pread the virus.



For Guidance and Support contact:

Traveller Covid-19
Helpline on
083 1006300
9am-9pm every day

HSELive on
1850 241850

Or contact your local
Traveller organisation



Coronavirus
COVID-19

