



MLM CHO
Psychosocial
Response

Virtual Drop-In Clinic

HSE Psychology Service

Are you an adult experiencing stress, worry or anxiety about the impact of COVID19 on you or your loved ones?

It's ok to ask for help!



EMAIL:

mlmpsychosocial@hse.ie

The virtual drop in clinic will offer you a call back from a HSE Psychologist to advise you on how to cope during this difficult time.

Please note that all information received is confidential.



An Initiative Of The
Midlands Louth Meath
CHO Psychosocial
Management Team

**Mental Wellbeing
Matters**