



**MENTAL
HEALTH**

Support & Self-Care Group

Book on aware.ie; you are
welcome without booking

FREE!

No referral
needed

For people who experience anxiety, depression,
bipolar disorder and mood related conditions



WEEKLY TUESDAY 7PM
Room G10, Foundation Building,
Mary Immaculate College, South Circular Rd.
Limerick, V94 VN26

www.aware.ie

Support Line 1800 80 48 48

