



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**