

## About Us

The Limerick GAA Health and Wellbeing Committee re-affirms the World Health Organisations view that "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." The Committee is dedicated to promoting health and wellbeing within our memberships, clubs, and our communities. Limerick GAA has 18 clubs across Limerick that have received their healthy club status.

Limerick Health Clubs are as follows (Jackie/Gerry to provide list)

## Healthy Club Priority Areas (Tab for each) Jackie to send details for each area.

Community Development

Diversity & Inclusion

Mental Fitness

Physical Activity & Social Games

Substance Use & Gambling

Healthy Eating

## Resources & Supports

Image of Wellbeing Board that was developed in partnership with Healthy Limerick, Limerick Mental Health, Suicide Prevention Office & Limerick Sports Partnership (Jackie to forward image of board and image at TUS Gaelic Grounds)

Please find below services that provide advice and support. #supportsinlimerick

**Emergency Services**

**999 or 112**

[Useful Contacts \(dublingaa.ie\)](http://dublingaa.ie) (Is It possible to get supports listed like Dublin with logos please for the following resources with links to relevant websites)

1. Samaritans
2. Pieta
3. Text about it 50808
4. Childline
5. Teenline
6. Gambling Care
7. Rape Crisis Midwest
8. Gender Orientation, Sexual Health & HIV
9. Adapt Domestic Abuse Service
10. Quit Mid-West
11. Mid West Regional Drugs & Alcohol Forum
12. Inar