



Is your mental
wellbeing
worth €2?



If so please text
GROW to **50300** and
donate

100% of text cost goes to GROW across most network providers. Some providers apply VAT which means a minimum of €1.63 will go to GROW.

Service Provider LIKECHARITY
Helpline: 0766805278

GROW in Ireland

"Helping people help themselves"

www.grow.ie



GROW
World Community
Mental Health
Movement in Ireland

Feeling: **Down Insecure Stressed Anxious Bullied Lethargic Empty Depressed ?**

YOU ALONE CAN DO IT, BUT YOU CAN'T DO IT ALONE

Chy No 20023294
Company No 138767

"GROW's mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness"