



**STRESS
— OR —
DISTRESS**

CAN YOU SPOT THE DIFFERENCE?

A little bit of stress can be a good thing, but **too much is really bad** for your physical and mental health.

KNOW HOW TO SPOT THE DIFFERENCE



If you've answered yes to any of the above, it's likely you've moved from stress to distress...

HELP YOURSELF BY TAKING A POSITIVE STEP TO PROMOTE AND PROTECT YOUR MENTAL HEALTH.

You alone can do it, but you can't do it alone[©]

Contact GROW in Ireland

1890 474 474

www.grow.ie 

Chy No: 9319 Company No: 138767



GROW

World Community
Mental Health
Movement in Ireland