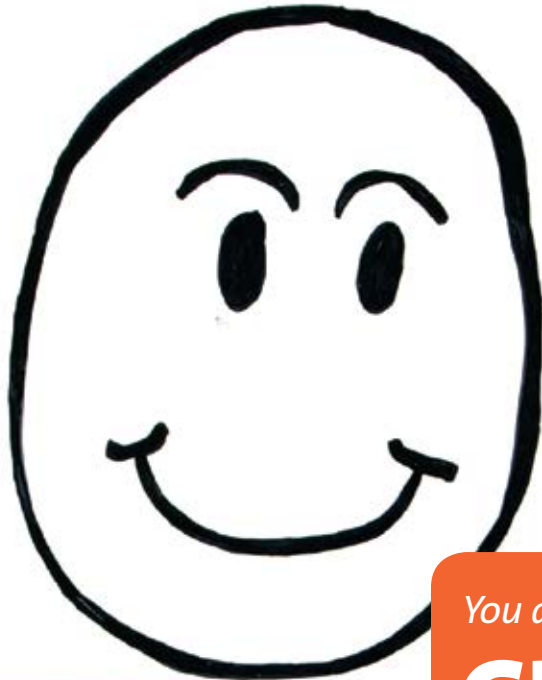


**GROW**

World Community  
Mental Health  
Movement in Ireland



*You alone can do it, but you can't do it alone<sup>®</sup>*

**GROW in Ireland**

*"Helping people help themselves"*

**Are you feeling:**

**D**-own

**I**-nsecure

**S**-tressed

**A**-nxious

**B**-ullied

**L**-ethargic

**E**-mpty

**D**-epressed ?

Through GROW's unique **12 Step Recovery Programme**, group members are supported, motivated and empowered to take action to change their circumstances. With over 130 community based support groups there is a group near you.

**For further information, call us on 1890 474 474**  
**visit us on [www.grow.ie](http://www.grow.ie) or** 

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