



PARTNER *Cavan & Monaghan*

The lives and lifestyles of our young people



For information on services for young people and families see

www.cavanmonaghanservices.ie

For a guide to the Irish health system

Callsave on **1850 24 1850** - Livechat on **HSE.ie**

Email **hselive@hse.ie** or Text About It to **50808**

www.planetyouthpartner.ie

 planetyouthcm@cmetb.ie