

Limerick Mental Health Association **(<https://www.activelink.ie/node/90025>)**

Limerick Mental Health Association (LMHA) promotes positive mental health across Limerick City and County. We have a permanent home in the heart of Limerick City (<https://limerickmentalhealth.ie/about/contact-us/>). A group of community leaders set up LMHA in 2002. We are affiliated with, and share the aims of Mental Health Ireland (<http://www.mentalhealthireland.ie/>) (MHI) – a national voluntary organisation. We promote positive mental health and support people who experience mental health difficulties.

We aim to **promote** positive mental health and well-being in the Limerick community and **support** adults on their recovery journey through peer-led engagement and activities.

Contact Info

Address: 3 Sexton St, Limerick City

Call Us: 061 446786 (<tel:061446786>), Mon- Thurs 11am-4pm.

Drop in: Currently postponed due to Covid-19

Email

info@limerickmentalhealth.ie

Website

<https://limerickmentalhealth.ie> (<https://limerickmentalhealth.ie>)

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