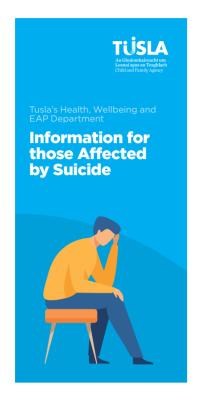
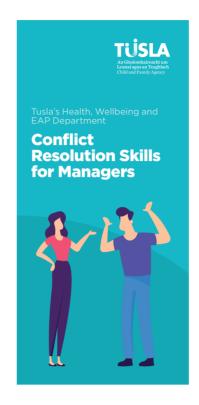


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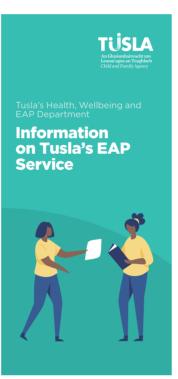


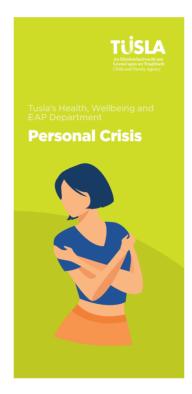




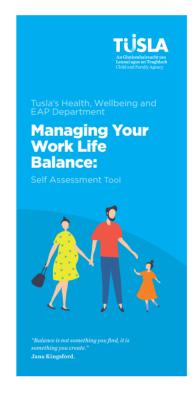












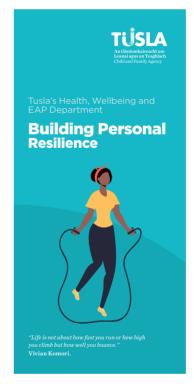


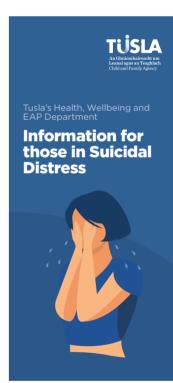












Tusla's Health and Wellbeing Department have a range of self-help information leaflets available for download from the staff section of www.tusla.ie and on Tusla sharepoint.