

Wednesday, 19 September 2018

[Health and Social Wellbeing Improvement](#)



Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster outline five simple ways in which people can maintain and improve their mental wellbeing. Translations into 11 languages are now available.

Details

Format

2 page A5 leaflet and A3 poster

Target group

General public

Downloads

Attachment	Size
Take 5 Leaflet 08_18.pdf	650.1 KB
Take 5 Poster 08_18.pdf	590.88 KB
Take 5 Leaflet dated 05_16_Arabic_FINAL.PDF	260.9 KB
Take 5 Leaflet dated 05_16_Chinese Complex_FINAL.PDF	286.88 KB
Take 5 Leaflet dated 05_16_Chinese Simplified_FINAL-updated-2.pdf	282.9 KB
Take 5 Leaflet dated 05_16_Hungarian_FINAL-2.pdf	325.61 KB
Take 5 Leaflet dated 05_16_Lithuanian_FINAL.PDF	190.27 KB
Take 5 Leaflet dated 05_16_Polish_FINAL.PDF	190.77 KB
Take 5 Leaflet dated 05_16_Portuguese_FINAL-amended.pdf	177.76 KB
Take 5 Leaflet dated 05_16_Romanian_FINAL-updated.pdf	380.78 KB

Attachment**Size**[Take 5 Leaflet dated 05_16_Slovak_FINAL.PDF](#)

309.99 KB

[Take 5 Leaflet dated 05_16_Somalian_FINAL.PDF](#)

179.91 KB

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183.34 KB

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- [wellbeing](#)

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