

Thursday, 30 November 2023

[Health and Social Wellbeing Improvement](#)



This leaflet outlines five simple steps people can take to maintain and improve their mental health and wellbeing.

It was produced and distributed to community pharmacies that deliver the Living Well service. Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI, and the Department of Health.

Details

Format

A5, 8 pages

Target group

General public

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Attachment	Size
Take 5 steps to wellbeing leaflet.pdf	485.59 KB

Tags

- [Living well](#)
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