



Don't cover up your problems

This pocket-sized leaflet advises young men not to cover up their problems and on the steps they can take to promote good mental health, such as keeping active, talking through problems and taking time to relax.

Published

01 March 2010

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13 September 2018

Details

Format

12 page 90mm x 55mm leaflet

Target group

Young men

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Attachment	Size
Dont cover up your problems wallet card.pdf	212.88 KB
don't cover up poster.pdf	661.96 KB

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