



The pocket guide to minding your head

This pocket-sized leaflet advises young men 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 February 2010

Last reviewed

13 September 2018

Details

Format

16 page 90mm x 55mm leaflet

Target group

Young men

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Attachment	Size
Pocket Guide to minding your head_0.pdf	163.12 KB

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