

Monday, 01 February 2010

[Health and Social Wellbeing Improvement](#)



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.

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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