

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

## Downloads

Attachment	Size
<a href="#">Pocket Guide to minding your head 0.pdf</a>	163.12 KB

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