## Monday, 01 February 2010

Health and Social Wellbeing Improvement



This leaflet outlines the signs of poor mental health and suggests steps that people can take to promote good mental health

## **Details**

Format

16 page 90mm x 55mm leaflet

Target group

General public

## **Downloads**

Attachment

**Size** 

the pocket guide to good mental health.pdf 119.46 KB Print