

Friday, 17 February 2012

[Health and Social Wellbeing Improvement](#)



The posters highlight some signs and symptoms that indicate that something is having a negative effect on your mental health and promote the website www.mindingyourhead.info as a source of help for anyone finding it difficult coping with their feelings.

Details

Format

A3 posters

Target group

General public

Downloads

Attachment	Size
Mental Health Poster FindingItHard_02_12.pdf	191.99 KB
Mental Health Poster Losing Interest_02_12.pdf	194.12 KB
Mental Health Poster Not Sleeping_02_12.pdf	172.15 KB

Tags

- [mental health](#)
- [stress](#)
- [support](#)
- [under surface](#)

- [tips](#)
- [advice](#)
- [coping](#)
- [emotion](#)

[Print](#)