

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](#)

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- [coping](#)
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