

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](#)