Take 5 steps to wellbeing (English and translations)

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster outline five simple ways in which people can maintain and improve their mental wellbeing. Translations into 12 languages are now available.

Published
12 March 2025
Last reviewed
12 March 2025

Details

Format
2 page A5 leaflet and A3 poster
Target group
General public

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Attachment	Size
Take 5 Leaflet 03_25.pdf	236.74 KB
Take 5 Poster 03_25.pdf	160.7 KB
Take 5 Leaflet dated 05 16_Arabic_FINAL.PDF	260.9 KB
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Take 5 Leaflet dated 05 16_Chinese Simplified_FINAL-updated-2.pdf	282.9 KB
Take 5 Leaflet dated 05 16_Hungarian_FINAL-2.pdf	325.61 KB
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