

Wednesday, 12 March 2025

[Health and Social Wellbeing Improvement](#)



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.

Details

Format

2 page A5 leaflet and A3 poster

Target group

General public

Downloads

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
Take 5 Leaflet dated 05_16_Chinese Complex_FINAL.PDF	286.88 KB
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
Take 5 Leaflet 01_20_Irish_FINAL.pdf	528.18 KB
Take 5 Leaflet dated 05_16_Lithuanian_FINAL.PDF	190.27 KB
Take 5 Leaflet dated 05_16_Polish_FINAL.PDF	190.77 KB
Take 5 Leaflet dated 05_16_Portuguese_FINAL-amended.pdf	177.76 KB
Take 5 Leaflet dated 05_16_Romanian_FINAL-updated.pdf	380.78 KB
Take 5 Leaflet dated 05_16_Slovak_FINAL.PDF	309.99 KB
Take 5 Leaflet dated 05_16_Somalian_FINAL.PDF	179.91 KB
Take 5 Leaflet dated 05_16_Tetum_FINAL.PDF	183.34 KB

Tags

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- [wellbeing](#)

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