

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
<a href="#">Take 5 Leaflet 03_25.pdf</a>	236.74 KB
<a href="#">Take 5 Poster 03_25.pdf</a>	160.7 KB
<a href="#">Take 5 Leaflet dated 05_16_Arabic_FINAL.PDF</a>	260.9 KB
<a href="#">Take 5 Leaflet dated 05_16_Chinese Complex_FINAL.PDF</a>	286.88 KB
<a href="#">Take 5 Leaflet dated 05_16_Chinese Simplified_FINAL-updated-2.pdf</a>	282.9 KB
<a href="#">Take 5 Leaflet dated 05_16_Hungarian_FINAL-2.pdf</a>	325.61 KB
<a href="#">Take 5 Leaflet 01_20_Irish_FINAL.pdf</a>	528.18 KB
<a href="#">Take 5 Leaflet dated 05_16_Lithuanian_FINAL.PDF</a>	190.27 KB
<a href="#">Take 5 Leaflet dated 05_16_Polish_FINAL.PDF</a>	190.77 KB
<a href="#">Take 5 Leaflet dated 05_16_Portuguese_FINAL-amended.pdf</a>	177.76 KB
<a href="#">Take 5 Leaflet dated 05_16_Romanian_FINAL-updated.pdf</a>	380.78 KB
<a href="#">Take 5 Leaflet dated 05_16_Slovak_FINAL.PDF</a>	309.99 KB
<a href="#">Take 5 Leaflet dated 05_16_Somalian_FINAL.PDF</a>	179.91 KB
<a href="#">Take 5 Leaflet dated 05_16_Tetum_FINAL.PDF</a>	183.34 KB

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- [wellbeing](#)

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