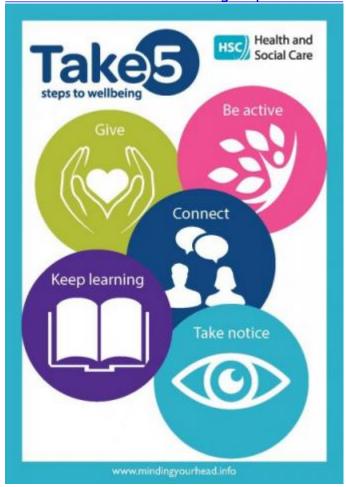
Monday, 20 February 2023

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 01_23 final.pdf	234.9 KB
Take 5 Poster 01_23 final.pdf	159.28 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

- mental health
- wellbeing

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