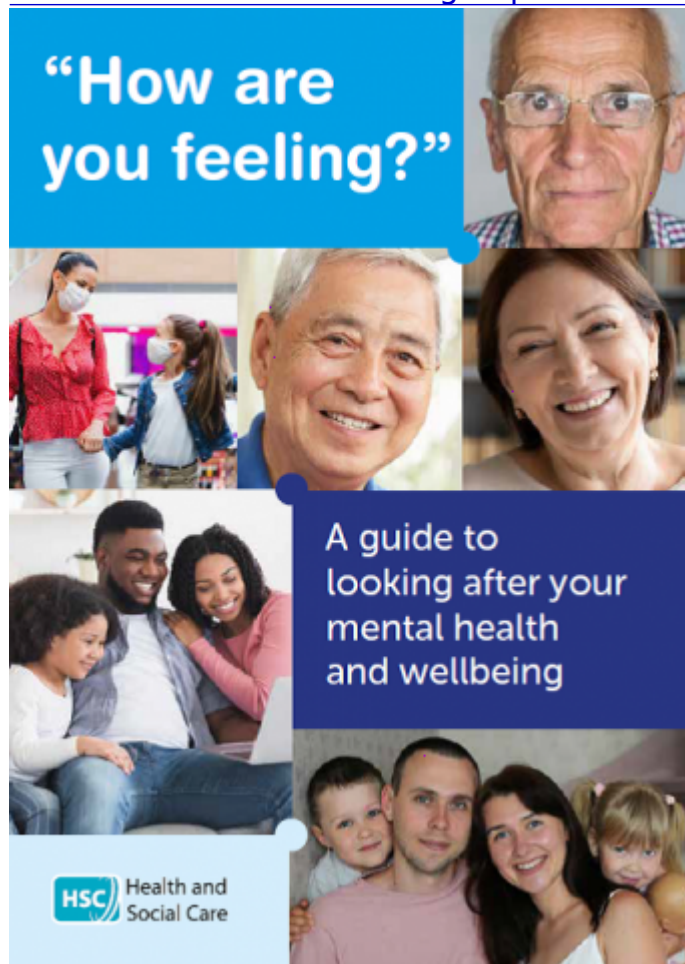


Monday, 19 April 2021

[Health and Social Wellbeing Improvement](#)



This information booklet supports the “How are you feeling?” mental health campaign that is running in participating community pharmacies in April and May 2021. It is available during this time from community pharmacies across Northern Ireland that participate in the Living Well service.

The booklet includes:

- Information on the Take 5 steps to wellbeing
- Ideas and activities you can try

- Advice and tips on setting goals
- Information on services that can provide help and support

Details

Format

16 page A5 booklet

Target group

General public

Downloads

| Attachment | Size |
|---|---------|
| Living Well - A guide to looking after your mental health and wellbeing.pdf | 1.49 MB |

Tags

- [Living well](#)
- [mental health](#)

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