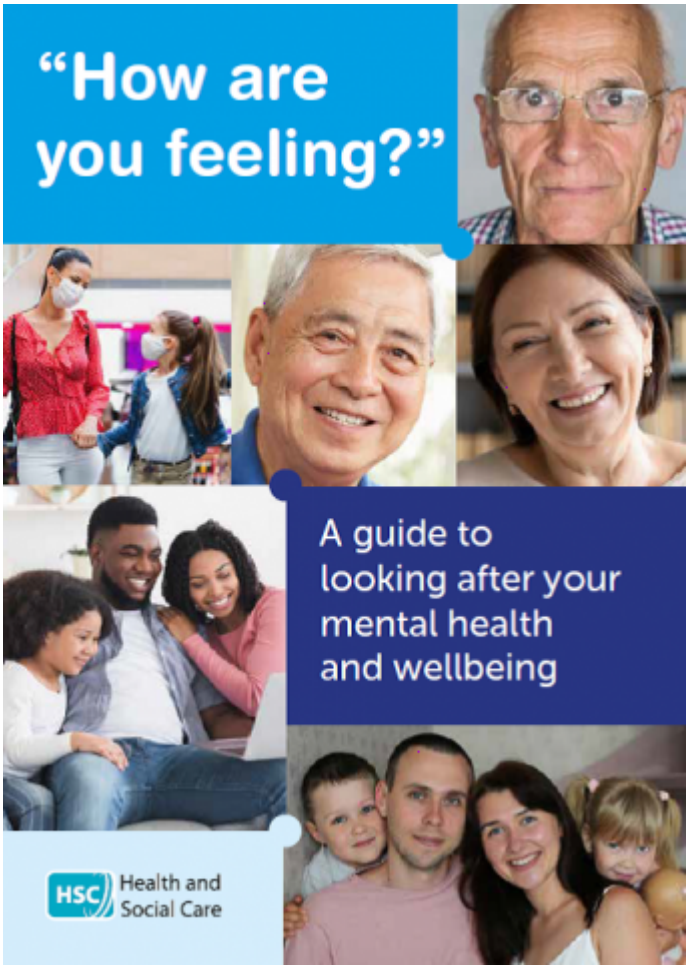

"How are you feeling?" - A guide to looking after your mental health and wellbeing

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

Published
19 April 2021
Last reviewed
13 August 2021

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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