



By asking the question “How are you feeling?”, the latest Living Well campaign encourages people to look after their mental health and take the five steps to wellbeing. Building these steps into our daily life could help us feel more positive and able to get the most out of life.

The “How are you feeling?” campaign is running in Living Well community pharmacies in December 2025 and January 2026.

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health. The service supports people to improve their health and wellbeing by:

- raising awareness of various public health messages and campaigns;
- sharing of health and wellbeing information;
- signposting to a relevant health professional, service or support in the community;
- using behavioural interventions, if appropriate.

Through the Living Well service, pharmacies help you to address risk factors that contribute to ill health in Northern Ireland.

To learn more about the Take 5 steps to wellbeing and for ideas on how you can introduce the steps into your daily life, pick up a free [\*“How are you feeling?”\*](#) leaflet in your local participating community pharmacy. If you need help and support, speak

to a member of the pharmacy team.

For further information and resources to help improve your mental health, as well as a directory of services that can provide mental health support, visit

[www.mindingyourhead.info](http://www.mindingyourhead.info)

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