



# Take 5

steps to wellbeing



HSC Health and  
Social Care

## Take 5 steps to wellbeing

This leaflet outlines five simple steps people can take to maintain and improve their mental health and wellbeing.

It was produced and distributed to community pharmacies that deliver the Living Well service. 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.

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### Details

Format

A5, 8 pages

Target group

General public

## Downloads

Attachment	Size
<a href="#">Take 5 steps to wellbeing leaflet.pdf</a>	485.59 KB

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