

Wednesday, 30 July 2025

[Health and Social Wellbeing Improvement](#)

Look after your
mental health



HSC Public Health
Agency

This leaflet highlights the importance of looking after your mental health and being aware of any signs of problems with it.

The leaflet was originally 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, delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health.

Details

Format

A5, 6 pages

Target group

General public

Downloads

Attachment	Size
Look after your mental health A5 6pp leaflet final 07_25.pdf	569.98 KB

Tags

- [Living well](#)
- [Minding your head](#)
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