### Tuesday, 05 August 2025

Health and Social Wellbeing Improvement



Visit www.mindingyourhead.info

This wallet card signposts people to the website <a href="www.mindingyourhead.info">www.mindingyourhead.info</a> for information and advice on mental health.

## **Details**

Format
Double sided wallet card
Target group
General public

# **Downloads**

Attachment Size

MYH Wallet Card 07 25.pdf 31.56 KB

# **Tags**

• mental and emotional health and wellbeing

#### **Print**