



## Looking after your mental health is important (poster)

This poster signposts people to the [Looking after your mental health](#) leaflet and the website [www.mindingyourhead.info](http://www.mindingyourhead.info) for information and advice on improving your mental health and wellbeing.

Published

05 August 2025

Last reviewed

05 August 2025

### Details

Format  
A3 poster  
Target group  
General public

## Downloads

Attachment	Size
<a href="#">Looking-after-your-mental-health-A3-Poster-08_25 final 0.pdf</a>	144.3 KB

## Tags

- [mental and emotional health and wellbeing](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes  No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)