



“How are you feeling?”



5 simple ways  
to look after your mental health  
and wellbeing



## How are you feeling? (leaflet)

This leaflet highlights the importance of looking after your mental health and encourages people to take the five steps to wellbeing.

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

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### Details

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A5, 8 pages

Target group

General public

## Downloads

Attachment	Size
<a href="#">How are you feeling A5 8 page leaflet 10.25.pdf</a>	895.75 KB

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