

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.

#### **Details**

Format A5, 8 pages Target group General public

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### **Attachment**

Size

How are you feeling A5 8 page leaflet 10.25.pdf 895.75 KB

# **Tags**

• Living Well, Take 5, How are you feeling

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