Feeling anxious?

This A3 poster signposts to the Minding your head website for people experiencing symptoms of anxiety.

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27 August 2026
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Details

Format
A3 poster
Target group

Public

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Attachment	Size
MYH A3 Poster Things You Can Try 08_26.pdf	195.9 KB

Tags

- Living Well mental health campaign
- anxiety
- Minding your head

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