

Monday, 01 March 2010

## [Health and Social Wellbeing Improvement](#)



This pocket-sized leaflet advises young men not to cover up their problems and on the steps they can take to promote good mental health, such as keeping active, talking through problems and taking time to relax.

## Details

Format

12 page 90mm x 55mm leaflet

Target group

Young men

## Downloads

Attachment	Size
<a href="#">Dont cover up your problems wallet card.pdf</a>	212.88 KB
<a href="#">don't cover up poster.pdf</a>	661.96 KB

## Tags

- [young men](#)
- [not cover up](#)
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