

Monday, 01 February 2010

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



This leaflet outlines the signs of poor mental health and suggests steps that people can take to promote good mental health. It advises people to talk to someone if they feel that they may have a mental health problem.

## Details

Format

4 page A5 leaflet

Target group

General public

## Downloads

**Attachment**

**Size**

[look after your mental health leaflet.pdf](#) 315.73 KB

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