

Monday, 20 February 2023

[Health and Social Wellbeing Improvement](#)



Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. This leaflet and poster outline five simple ways in which people can maintain and improve their mental wellbeing. Translations into 12 languages are now available.

Details

Format

2 page A5 leaflet and A3 poster

Target group

General public

Downloads

Attachment	Size
Take 5 Leaflet 01_23 final.pdf	234.9 KB
Take 5 Poster 01_23 final.pdf	159.28 KB
Take 5 Leaflet dated 05_16 Arabic FINAL.PDF	260.9 KB
Take 5 Leaflet dated 05_16_Chinese Complex FINAL.PDF	286.88 KB
Take 5 Leaflet dated 05_16_Chinese Simplified FINAL-updated-2.pdf	282.9 KB
Take 5 Leaflet dated 05_16_Hungarian FINAL-2.pdf	325.61 KB
Take 5 Leaflet 01_20 Irish FINAL.pdf	528.18 KB
Take 5 Leaflet dated 05_16_Lithuanian FINAL.PDF	190.27 KB
Take 5 Leaflet dated 05_16_Polish FINAL.PDF	190.77 KB
Take 5 Leaflet dated 05_16_Portuguese FINAL-amended.pdf	177.76 KB
Take 5 Leaflet dated 05_16_Romanian FINAL-updated.pdf	380.78 KB
Take 5 Leaflet dated 05_16_Slovak FINAL.PDF	309.99 KB
Take 5 Leaflet dated 05_16_Somalian FINAL.PDF	179.91 KB
Take 5 Leaflet dated 05_16_Tetum FINAL.PDF	183.34 KB

Tags

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- [wellbeing](#)

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