

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 |

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- [wellbeing](#)

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