

Looking after your mental health is important



The latest Living Well campaign highlights the importance of looking after your mental health and recognising the signs of poor mental health. It highlights common mental health problems, simple things you can do to improve your mental health and how to get help if you need it. The 'Look after your mental health' campaign is running in Living Well community pharmacies in February and March 2025.

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health. The service supports people to improve their health and wellbeing by:

- raising awareness of various public health messages and campaigns;
- sharing of health and wellbeing information;
- signposting to a relevant health professional, service or support in the community;
- using behavioural interventions, if appropriate.

Through the Living Well service, pharmacies help you to address risk factors that contribute to ill health in Northern Ireland.

Common mental health problems such as anxiety, stress, feeling low and depression can affect anyone. While these feelings can be a natural response to life's challenges, they can become more serious if we don't do something to help improve our mental health.

To learn more about the signs of poor mental health, what you can do to improve it and how to get help if you need it, pick up a free [Look after your mental health](#) leaflet in your local participating community pharmacy. If you need help and support, speak to a member of the pharmacy team.

Further information on how to improve your mental health and a list of services that can provide mental health support is also available at www.mindingyourhead.info

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