

Monday, 01 March 2010

[Health and Social Wellbeing Improvement](#)



This poster highlights the fact that mental health problems are more common than most people think and encourages anyone who may be feeling down or unable to cope to talk to a friend, family member or doctor.

Details

Format

A3 poster

Target group

General public

Downloads

Attachment	Size
it's me poster.pdf	596.33 KB

Tags

- [Mental](#)
- [Health](#)
- [problems](#)
- [common](#)
- [encourages](#)
- [feeling down](#)
- [unable](#)
- [cope](#)

- [talk](#)
- [friend](#)
- [family](#)
- [doctor](#)

[Print](#)