



Promoting Wellbeing Resources

 Southern Health
and Social Care Trust

Quality Care - for you, with you



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To request resources:


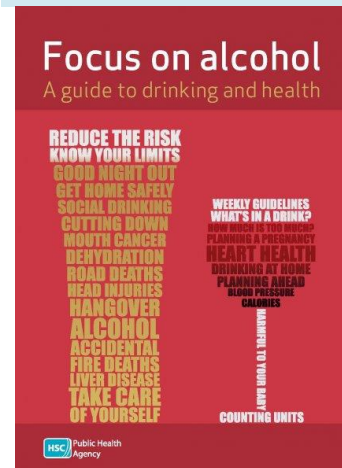
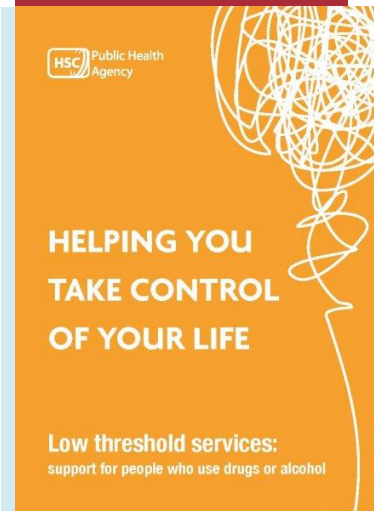
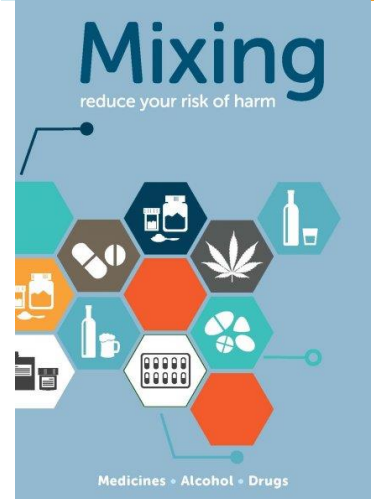
Click on the link below and complete the resources request form:



<https://southerntrust.hscni.net/download/111/pwb/1413/pwb-resource-request-form.docx>

Email to: pwb.resources@southerntrust.hscni.net

*Some resources are for HSC Professionals use only



Resource	Resource details	Click on the link to download or view a copy
	<p>A-Z directory of Mental health services for the Southern Trust area. Pocket size fold-out leaflet.</p>	<p>https://www.publichealth.hscni.net/sites/default/files/2020-01/Southern area card 2020.pdf</p>
	<p>Focus on alcohol</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/focus-alcohol</p>
	<p>Helping you take control</p> <p>A6 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/helping-you-take-control-your-life-low-threshold-services</p>
	<p>Mixing, reducing your risk of harm</p> <p>A5 Leaflet</p> <p><i>Currently out of stock.</i></p>	<p>https://www.publichealth.hscni.net/publications/mixing-reduce-your-risk-harm</p>

Resource	Resource details	Click on the link to download or view a copy
	<p>You, your child and drugs</p> <p>A5 Leaflet</p> <p><i>Currently out of stock</i></p>	<p>https://www.publichealth.hscni.net/publications/you-your-child-and-drugs</p>
	<p>You, your child and alcohol</p> <p>A5 Leaflet</p> <p><i>Currently out of stock</i></p>	<p>https://www.publichealth.hscni.net/publications/you-your-child-and-alcohol</p>
	<p>Alcohol wheel</p> <p>Small pocket size leaflet</p>	<p>No link available</p> <p>No image or link available</p>
<p>Cannabis</p>		
<p>Informed - Drugs</p>		

Resource

Resource details

Click on the link to download or view a copy

Target Ovarian cancer – worried about the symptoms of ovarian cancer

A4 tri-fold leaflet

<https://www.publichealth.hscni.net/publications/ovarian-cancer-leaflet>



Lumps aren't the only sign of cancer

A5 Leaflet

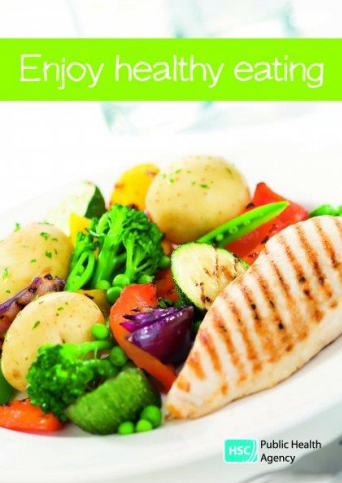



<https://www.publichealth.hscni.net/publications/lumps-arent-only-sign-breast-cancer-0>



Resource	Resource details	Click on the link to download or view a copy
	<p>It's best to take the test</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/cervical-cancer-its-best-take-test-english-and-11-translations</p>
	<p>Your results explained</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/cervical-screening-your-results-explained-english-and-11-translations</p>
	<p>Colposcopy examination</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/cervical-screening-colposcopy-examination-english-and-11-translations</p>

Resource	Resource details	Click on the link to download or view a copy
 <p>Planning ahead with dementia</p>	<p>Planning ahead</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/planning-ahead-dementia</p>
 <p>Sexuality, relationships and dementia</p>	<p>Sexuality, Relationships & dementia</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/sexuality-relationships-and-dementia</p>
 <p>The early stages of dementia</p>	<p>Early stages of dementia</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/early-stages-dementia</p>
 <p>Dementia and sight loss</p>	<p>Dementia & sight loss</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/dementia-and-sight-loss</p>

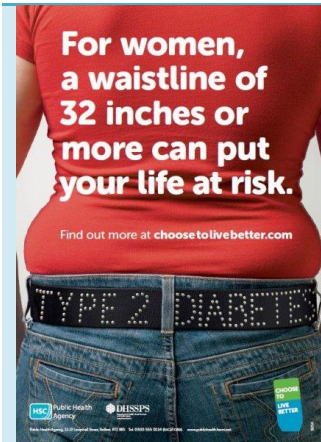
Resource	Resource details	Click on the link to download or view a copy
	<p>Worried about dementia</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/are-you-worried-about-dementia</p>
	<p>Still me</p> <p>A4 Poster</p>	<p>https://www.publichealth.hscni.net/publications/dementia-campaign-posters-0</p>
	<p>Delirium</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/delirium-information-patients-and-relatives</p>

Resource	Resource details	Click on the link to download or view a copy
 <p>Enjoy healthy eating</p>	<p>Enjoy healthy eating</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/enjoy-healthy-eating-0</p>
 <p>Getting a good start healthy eating from one to five</p>	<p>Getting a good start healthy eating from one to five</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/getting-good-start-healthy-eating-one-five-english-and-translations</p>
 <p>Just 100 Calories extra a day could mean 10lbs of weight gain a year</p> <p>EAT A LITTLE LESS AND CHOOSE TO LIVE BETTER</p>	<p>Just 100 calories extra</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/100-calories</p>
 <p>Is your waistline creeping up on you?</p> <p>CHOOSE TO LIVE BETTER</p>	<p>Is your waistline creeping up on you?</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/your-waistline-creeping-you</p>

Resource

Resource details

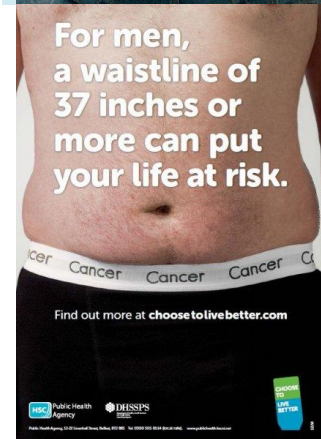
Click on the link to download or view a copy



Female waistline

<https://www.publichealth.hscni.net/publications/your-waistline-creeping-you-poster-female>

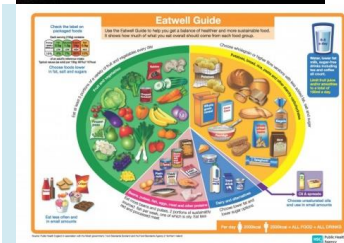
A4 poster



Male waistline

<https://www.publichealth.hscni.net/publications/your-waistline-creeping-you-poster-male>

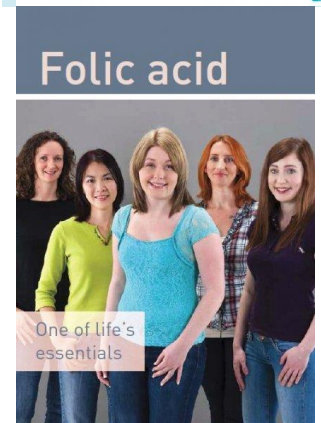
A4 poster



Eat well plate

<https://www.publichealth.hscni.net/publications/eatwell-guide>



A4 Landscape poster



Folic Acid

<https://www.publichealth.hscni.net/publications/folic-acid-%E2%80%93-one-life%E2%80%99s-essentials-0>

A5 Leaflet

Resource	Resource details	Click on the link to download or view a copy
	<p>Healthy breaks for schools</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/healthy-breaks-schools-leaflet-english-and-irish-translation</p>
	<p>Vitamin D and you</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/vitamin-d-and-you-0</p>

Resource	Resource details	Click on the link to download or view a copy
 <p>Whooping cough</p> <p>If you are pregnant you should get vaccinated to protect your baby</p> <p>HSC Public Health Agency</p>	<p>Whooping cough</p> <p>A4 tri-fold leaflet</p>	<p>https://www.publichealth.hscni.net/publications/whooping-cough-pertussis-immunisation-leaflet</p>
 <p>Flu is more serious than you think</p> <p>Get the vaccine now</p> <p>STAY WELL THIS WINTER</p> <p>www.helth.gov.uk/stay-well</p>	<p>Flu</p> <p>A4 Tri-fold leaflet</p>	<p>https://www.publichealth.hscni.net/publications/flu-more-serious-you-think-english-and-10-translations</p>
 <p>Health and social care workers</p> <p>Don't risk flu infection!</p> <p>Protect yourself, and those around you</p>	<p>Flu</p> <p>Health & social care workers</p> <p>A4 Tri-fold leaflet</p>	<p>https://www.publichealth.hscni.net/publications/health-and-social-care-workers-don%E2%80%99t-risk-flu-infection-0</p>

Resource

Resource details

Click on the link to download or view a copy



Flu

<https://www.publichealth.hscni.net/publications/don%E2%80%99t-let-ones-you-love-become-ones-you-treat>

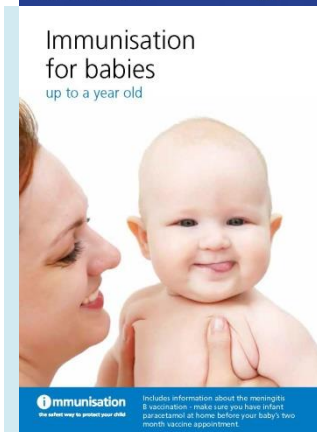
A4 Poster



Children's flu

<https://www.publichealth.hscni.net/publications/protect-them-inside-too-childrens-flu-poster>


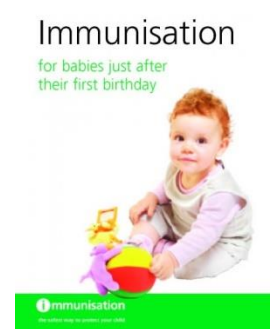

A4 Poster

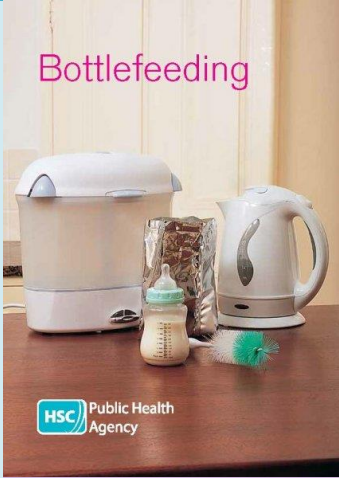

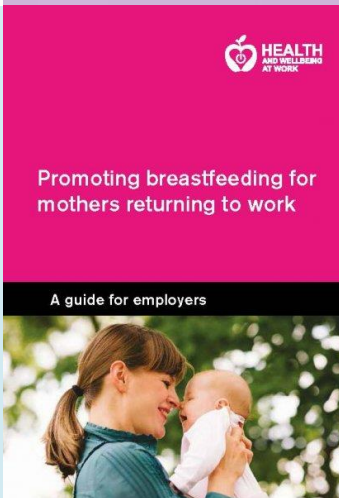



Immunisation babies up to 1 year

<https://www.publichealth.hscni.net/publications/immunisation-babies-year-old-english-and-10-translations>

A6 Booklet

Resource	Resource details	Click on the link to download or view a copy
	<p>MenACWY vaccination. Meningitis and septicaemia</p> <p>A4 tri-fold leaflet</p>	https://www.publichealth.hscni.net/publications/are-you-aged-25-years-and-starting-university-first-time-menacwy-immunisation-leaflet
	<p>Immunisation for babies after their 1st birthday</p> <p>A6 Booklet</p>	https://www.publichealth.hscni.net/publications/immunisation-babies-just-after-their-first-birthday-english-and-translations
	<p>Immunisation pre-school children</p> <p>A6 Booklet</p>	https://www.publichealth.hscni.net/publications/immunisation-pre-school-children-three-years-and-four-months-old-english-and-translatio

Resource	Resource details	Click on the link to download or view a copy
 <p>Bottlefeeding</p> <p>HSC Public Health Agency</p>	<p>Bottle feeding</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/bottlefeeding</p>
 <p>Off to a good start</p> <p>ALL YOU NEED TO KNOW ABOUT BREASTFEEDING YOUR BABY</p>	<p>Off to a good start – Breastfeeding your baby</p> <p>Booklet</p>	<p>https://www.publichealth.hscni.net/publications/good-start</p>
 <p>Promoting breastfeeding for mothers returning to work</p> <p>A guide for employers</p>	<p>Promoting breastfeeding for mothers returning to work</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/promoting-breastfeeding-mothers-returning-work-guide-employers-1</p>
 <p>Breastfeeding and returning to work</p>	<p>Breastfeeding and returning to work</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/breastfeeding-and-returning-work-0</p>

Resource

Resource details

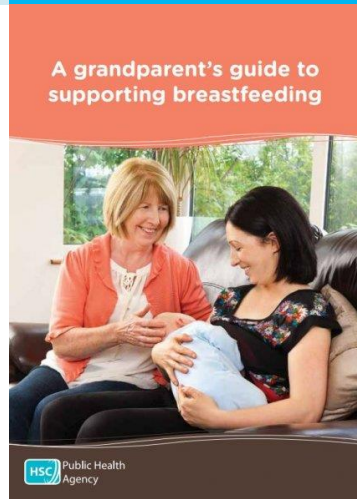
Click on the link to download or view a copy



You and your baby neonatal unit

<https://www.publichealth.hscni.net/publications/you-and-your-baby-%E2%80%93-supporting-love-and-nurture-neonatal-unit>

A5 Leaflet



Grandparents guide to supporting breastfeeding

<https://www.publichealth.hscni.net/publications/grandparents-guide-supporting-breastfeeding>

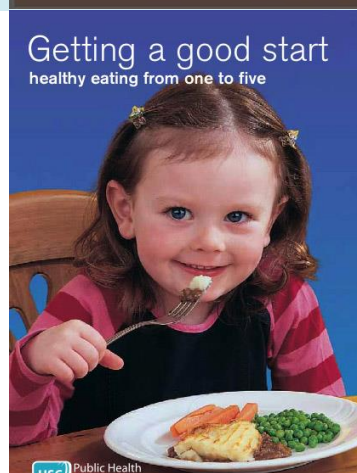
A5 Leaflet



Grandparents guide to supporting breastfeeding

<https://www.publichealth.hscni.net/publications/supporting-breastfeeding-poster>

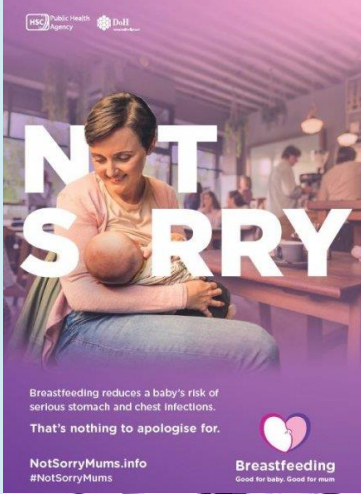
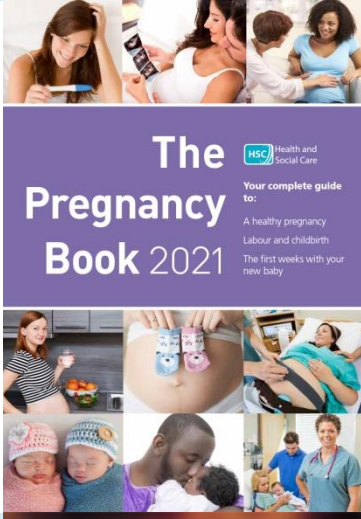
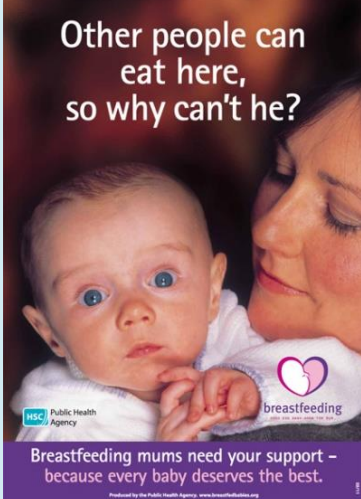
A4 Poster




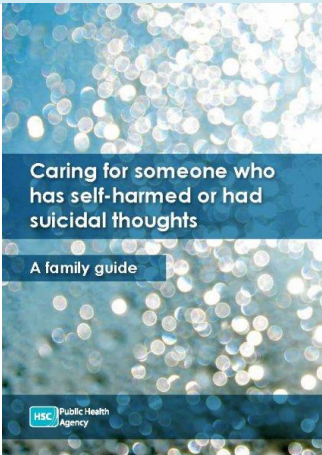
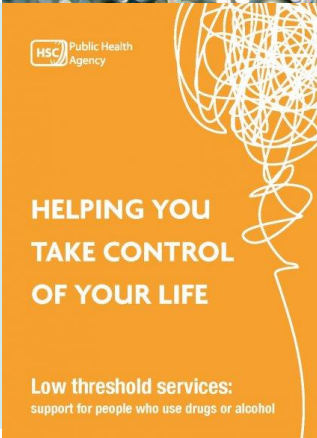



Getting a good start healthy eating from one to five

<https://www.publichealth.hscni.net/publications/getting-good-start-healthy-eating-one-five-english-and-translations>

A5 Booklet

Resource	Resource details	Click on the link to download or view a copy
 <p>Not Sorry Breastfeeding poster. The poster features a woman breastfeeding her baby in a public setting. Text on the poster includes: 'Breastfeeding reduces a baby's risk of serious stomach and chest infections. That's nothing to apologise for.' and 'NotSorryMums.info #NotSorryMums'. Logos for HSC Public Health Agency and D-HI are visible.</p>	<p>Not sorry Breastfeeding</p> <p>A4 Poster</p>	<p>https://www.publichealth.hscni.net/publications/breastfeeding-campaign-posters</p>
 <p>The Pregnancy Book 2021 cover. The cover features a collage of images related to pregnancy and childbirth. Text on the cover includes: 'The Pregnancy Book 2021', 'HSC Health and Social Care', 'Your complete guide to: A healthy pregnancy Labour and childbirth The first weeks with your new baby'.</p>	<p>The Pregnancy book*</p> <p>A4 Book</p>	<p>https://www.publichealth.hscni.net/publications/pregnancy-book-0</p>
 <p>Breastfeeding poster. The poster features a close-up of a baby's face. Text on the poster includes: 'Other people can eat here, so why can't he?' and 'Breastfeeding mums need your support - because every baby deserves the best.' Logos for HSC Public Health Agency and breastfeeding are visible.</p>	<p>Breastfeeding</p> <p>A4 Poster</p>	<p>https://www.publichealth.hscni.net/publications/other-people-can-eat-here-so-why-can%E2%80%99t-he</p>

Resource	Resource details	Click on the link to download or view a copy
	<p>Help is at hand Support after someone may have died by suicide*</p> <p>A5 Booklet</p>	<p>https://www.publichealth.hscni.net/publications/help-hand-support-after-someone-may-have-died-suicide-northern-ireland</p>
	<p>Steps to Stress</p> <p>Small booklet</p>	<p>https://www.publichealth.hscni.net/publications/steps-deal-stress-simple-guide-stressing-less-and-enjoying-life-more</p>
	<p>A-Z Directory of mental health services for the Southern Trust area. Pocket size fold-out leaflet.</p>	<p>https://www.publichealth.hscni.net/sites/default/files/2020-01/Southern_area_card_2020.pdf</p>
	<p>Caring for someone who has self-harmed or had suicidal thoughts</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/caring-someone-who-has-self-harmed-or-had-suicidal-thoughts</p>
	<p>Helping you take control of your life, support for people who use drugs or alcohol</p> <p>A6 Booklet</p>	<p>https://www.publichealth.hscni.net/publications/helping-you-take-control-your-life-low-threshold-services</p>

Resource	Resource details	Click on the link to download or view a copy
 <p>The image shows the cover of a 'Take 5' leaflet. It features five circular icons: 'Give' (hands holding a heart), 'Be active' (a person running), 'Connect' (two people talking), 'Keep learning' (an open book), and 'Take notice' (an eye). The text 'Take 5 steps to wellbeing' is at the top, and 'HSC Health and Social Care' is in the top right corner. The website 'www.mindingyourhead.info' is at the bottom.</p>	<p>Take 5</p> <p>A5 Leaflet</p>	<p>https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations</p>
 <p>The image shows the cover of a 'Concerned about suicide?' leaflet. It has a dark blue background with a sunset or sunrise scene. The title 'Concerned about suicide?' is in white. Below it, there is a paragraph of text: 'When someone is thinking of taking their own life, it is frightening for everyone involved. You might find it hard to understand what they are going through and you might be uncertain as to how you can help. This leaflet has helpful information for anyone concerned about suicide.' The 'DoH' logo and website 'www.health-ni.gov.uk' are at the bottom.</p>	<p>Concerned about suicide</p> <p>A4 Tri-fold leaflet</p>	<p>https://www.publichealth.hscni.net/publications/concerned-about-suicide-0</p>

Self-help A5 Booklets



Click the link below to view or download individual booklets

[Southern Health and Social Care Trust - Self Help Guides \(ntw.nhs.uk\)](http://ntw.nhs.uk)

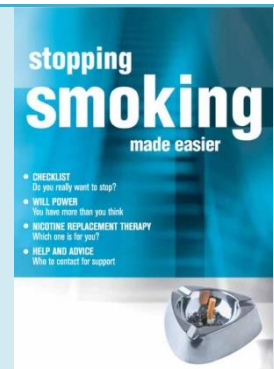


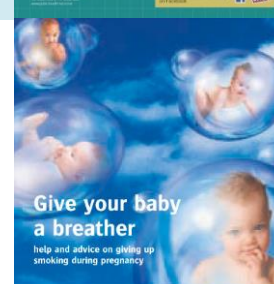

To request copies:

<mailto:pwb.resources@southerntrust.hscni.net>



Resource	Resource details	Click on the link to download or view a copy
	<p>Keeping well at home</p> <p>A4 Booklet</p>	<p>https://www.publichealth.hscni.net/publications/keeping-well-home-booklet</p>
	<p>Male waistline</p> <p>A4 Poster</p>	<p>https://www.publichealth.hscni.net/publications/your-waistline-creeping-you</p>

Resource	Resource details	Click on the link to download or view a copy
 <p>The Pregnancy Book 2021</p> <p>HSC Health and Social Care</p> <p>Your complete guide to:</p> <ul style="list-style-type: none"> A healthy pregnancy Labour and childbirth The first weeks with your new baby 	<p>The Pregnancy book*</p> <p>A4 Book</p>	<p>https://www.publichealth.hscni.net/publications/breastfeeding-campaign-posters</p>
 <p>Birth to five 2021</p> <p>HSC Health and Social Care</p> <p>This book gives you information on:</p> <ul style="list-style-type: none"> Becoming a parent Taking care of yourself and your child Finding practical help and support 	<p>Birth to Five book*</p> <p>A4 Book</p>	<p>https://www.publichealth.hscni.net/sites/default/files/2021-04/Birth%20to%20five%202021%20-%20172%20pages.pdf</p>

Resource	Resource details	Click on the link to download or view a copy
	Stopping smoking made easier A5 Booklet	https://www.publichealth.hscni.net/publications/stopping-smoking-made-easier-english-and-translations
	Smoking & your health and wellbeing A5 Leaflet	https://www.publichealth.hscni.net/publications/smoking-and-your-health-and-wellbeing
	Smoking know the facts A5 Leaflet	https://www.publichealth.hscni.net/publications/smoking-know-facts
	Give your baby a breather A6 Leaflet	https://www.publichealth.hscni.net/publications/give-your-baby-breather
	Pregnancy & nicotine replacement therapy A5 Leaflet	https://www.publichealth.hscni.net/publications/pregnancy-and-nicotine-replacement-therapy-nrt-what-you-need-know

