

Printing guidelines for posters

Living with the Times: a mental health and psychosocial support toolkit for older adults during the COVID-19 pandemic

The posters are best printed on A3 paper (minimum size A4) or shown on large screens (not on mobile phones or tablets). Choosing which format or medium to show the posters will be determined by the characteristics of your specific audience.

For home printing and printing of toolkit and posters on a small scale

The High-Quality Print PDF posters can be downloaded and printed from a home printer. Ensure all border and edges are accounted for before printing. This can be done by previewing the document in the Print Setup.

For mass printing or professional printing of the toolkit and posters on a large scale

The High Quality Print PDF posters should be delivered to a printing press, and laid out by their in-house design team. Please ask them to advise you on printing specifications for your specific print-run.

Paper quality (paperback) toolkit and posters

- Recycled paper is best for the environment, and does not have a texture of gloss shine or matt sheen.
- Gloss paper will achieve a shiny effect on the page, and matt will provide a duller sheen.

Document size for posters

- Best printed on A3 paper (420 x 297 mm), minimum size A4 Portrait (210 mm x 297 mm).

Link to High-Quality Posters

<https://app.mhpss.net/toolkit-for-older-adults-during-covid-19-pandemic>

For more information on printing or to request the InDesign files write to

Mhpss.refgroup@gmail.com