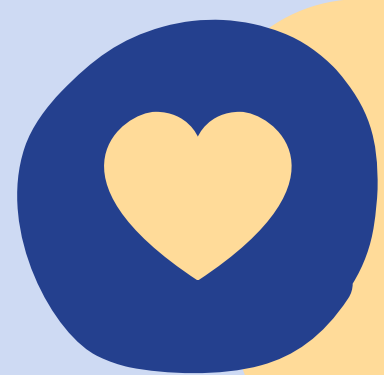


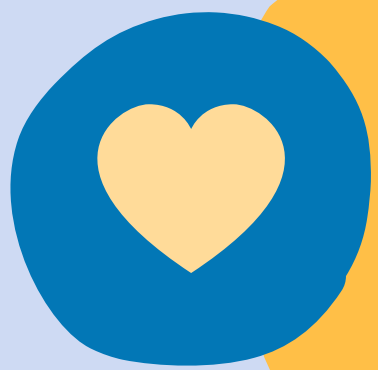


Tips For Taking Care Of Your

# MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On The World Around You



Tell Yourself That Everything Will Be Fine



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