MENTAL HEALTH AWARENESS
• TAKE CARE OF YOUR MENTAL HEALTH •
TALK ABOUT YOUR FEELINGS
EAT WELL
TALK TO FRIENDS AND FAMILY
Help
BE ACTIVE
ASK FOR HELP
TAKE A BREAK
You're Awesome!
DO SOMETHING YOU ARE GOOD AT
ACCEPT WHO YOU ARE
CARE FOR OTHERS
Express your emotions
Be kind to yourself
Stay Connected
Focus on good things

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