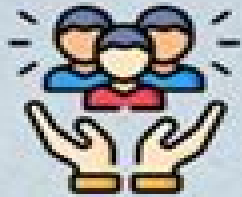


Good Mental Health Tips



Stay in touch with your support group



Eat healthy



Get adequate sleep



Cut down on alcohol & other substances



Exercise



Seek professional help

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Rachel S Tattersall



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