

E P E A T





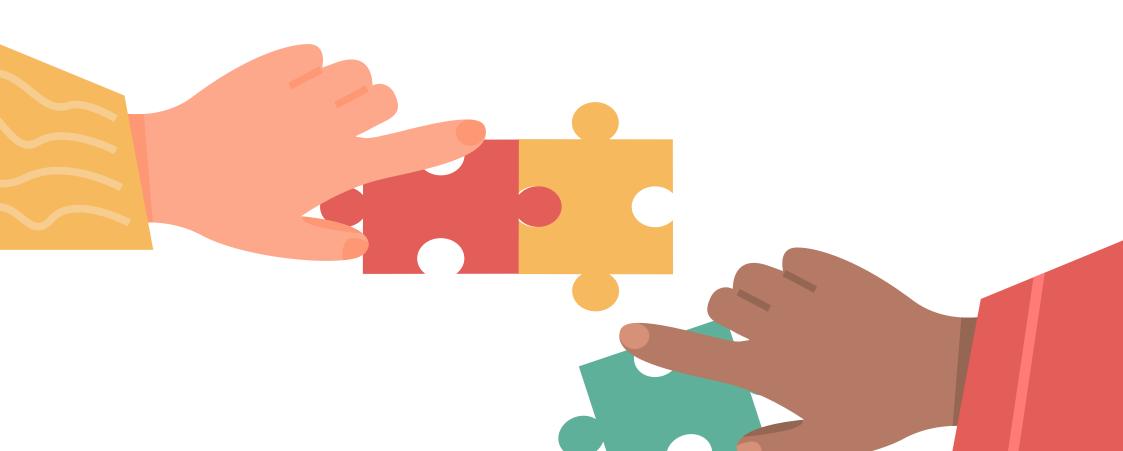






REMEMBER:

1.SEE 2.TOUCH 3.HEAR 4.SMEEL 5.FEEL









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SHINY HAPPY PEOPLE LAUGHING



















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YOUR ABILITIES ARE VALUABLE, YOUR MENTAL HEALTH IS ESSENTIAL.













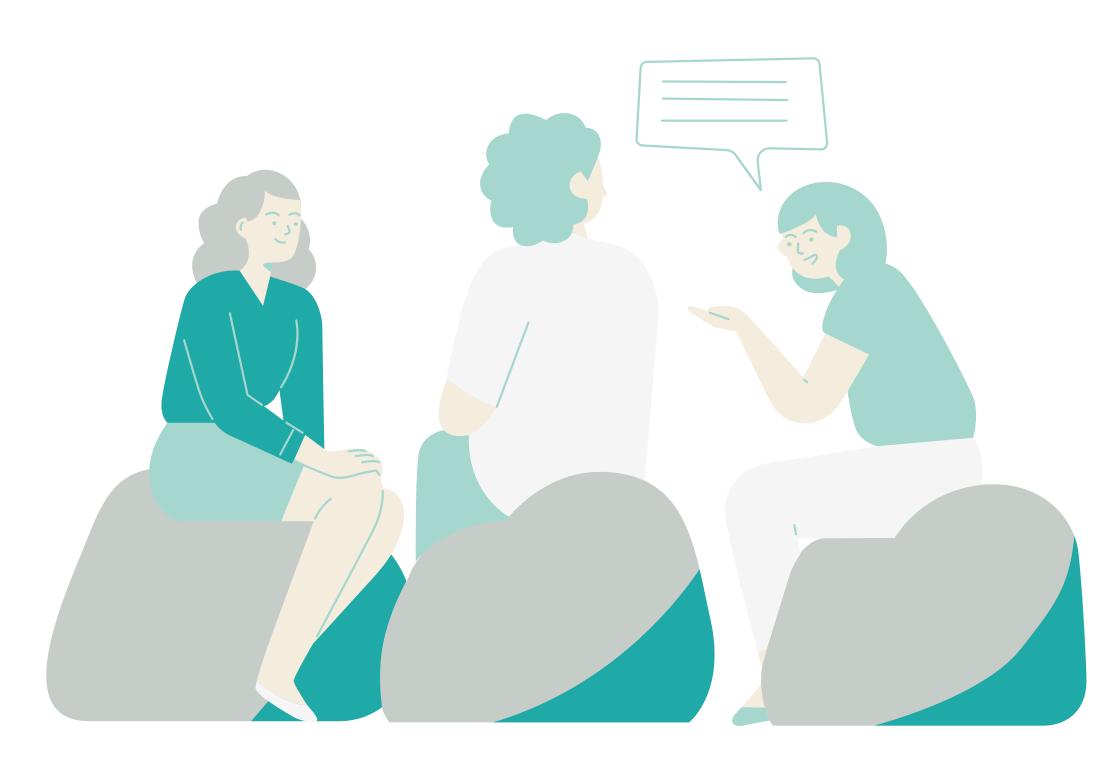




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SEEKING HELP IS A SIGN OF STRENGTH, NOT WEAKNESS









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I FEEL EVERY EMOTION, **SOIEXPRESSEVERY** EMOTION. THAT MAKES ME REAL, NOT WEAK.

















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PROGRESS, NOT PERFECTION, ON YOUR MENTAL HEALTH JOURNEY



















YOU ARE NOT ALONE IN YOUR STRUGGLES; REACH OUT FOR SUPPORT.











TAKING CARE OF YOUR MIND IS JUST AS IMPORTANT AS TAKING CARE OF YOUR BODY



















YOU ARE CAPABLE, DESERVING OF HAPPINESS AND MENTAL MELL-BEING











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