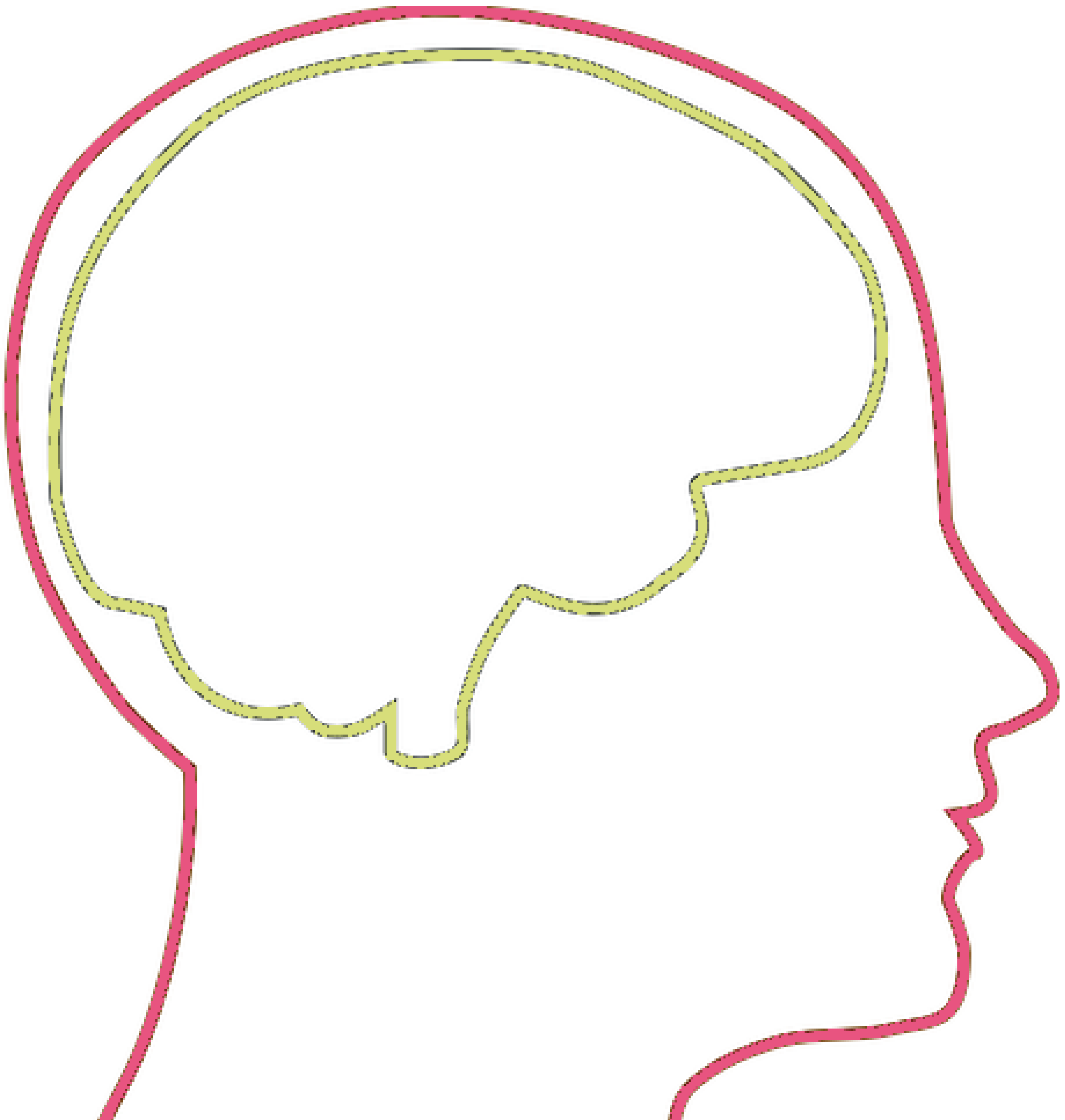


MENTAL HEALTH



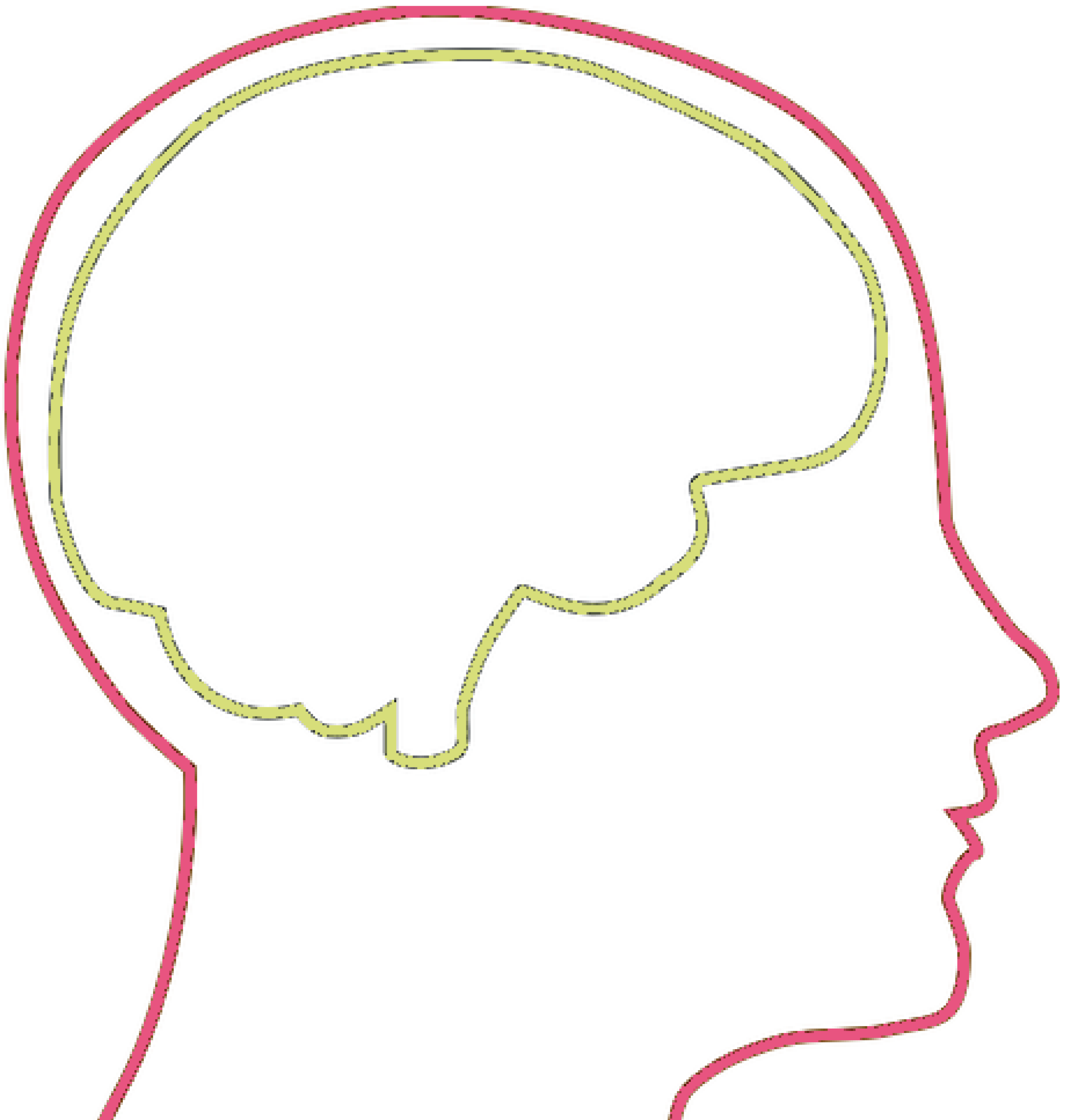
# My tip for good mental health



MENTAL HEALTH



# Reducing the Stigma





# My experience

