

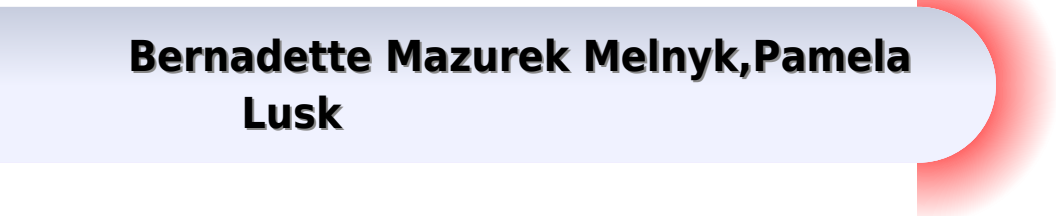
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Self-care tips to boost your mental health



Mental Health Tips This Month Tutorial

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