

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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web plus i really didn t know where he was so it was almost as if he was dead in 1951 when i was six i remember my mother started living with john smith who i called mr john suddenly he was just there my sister ann who was living with us at the time left the house after she married andrew james in march 1951

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