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| <p>z ÿ Z ÿ</p> <p>z ÿ _ ÿ</p> <p>- É</p>                     | <p>Mental health is something we all have, and we all want good mental health for ourselves and those we care about. There are many factors that</p> <p>problems with our mental health from time to time, and there are strategies and supports that can help us to get back on track.</p> <p>to enjoy life. With the support they need, people with mental illness can have good mental health.</p> |
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are learning about at school, and you can practice a few strategies together (e.g., breathing strategies,





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