

MENTAL HEALTH GUIDE

Be Kind To Yourself

You are the only person you can control



a simple
**MENTAL HEALTH
GUIDE**
to teen wellness
IN EDUCATION



By **Theresa Khorro B.A.Sc., B.Ed., M.Ed.**

Believe In Your Abilities

You actually know more than you think you do



Mental Health Awareness Ebook

Daniel F McAuley



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