

HOW ARE YOU, REALLY?

Not everyone has mental health concerns, but we all have mental health.

Staying mentally healthy takes many forms, from exercise, to talking with friends and family to seeking out a counselor. You are not alone.

Together, we can help our loved ones and ourselves stay mentally well.

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¿CÓMO ESTÁS EN REALIDAD?

No todo el mundo tiene problemas de salud mental, pero todos tenemos salud mental.

Mantenerse mentalmente saludable toma muchas formas, desde hablar con amigos y familiares hasta buscar un consejero. Usted no está solo.

Juntos podemos ayudar a nuestros seres queridos y a nosotros mismos a mantenernos mentalmente saludables.

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