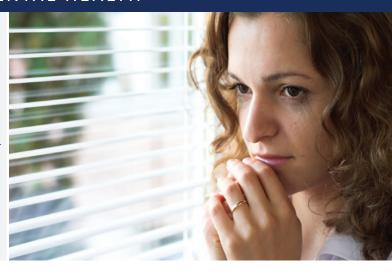
FAMILY MENTAL

MAPPING OUT MENTAL HEALTH

TAKE CARE OF YOU

You come first. If you don't take care of yourself, you won't be able to care for others.



TAKE CARE OF FAMILY

Spend time and laugh together! When your family is happy, you are happy!

TAKE CARE OF OTHERS

If you have energy left, reach out and support others!





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