*Mental Health vs Mental Illness*

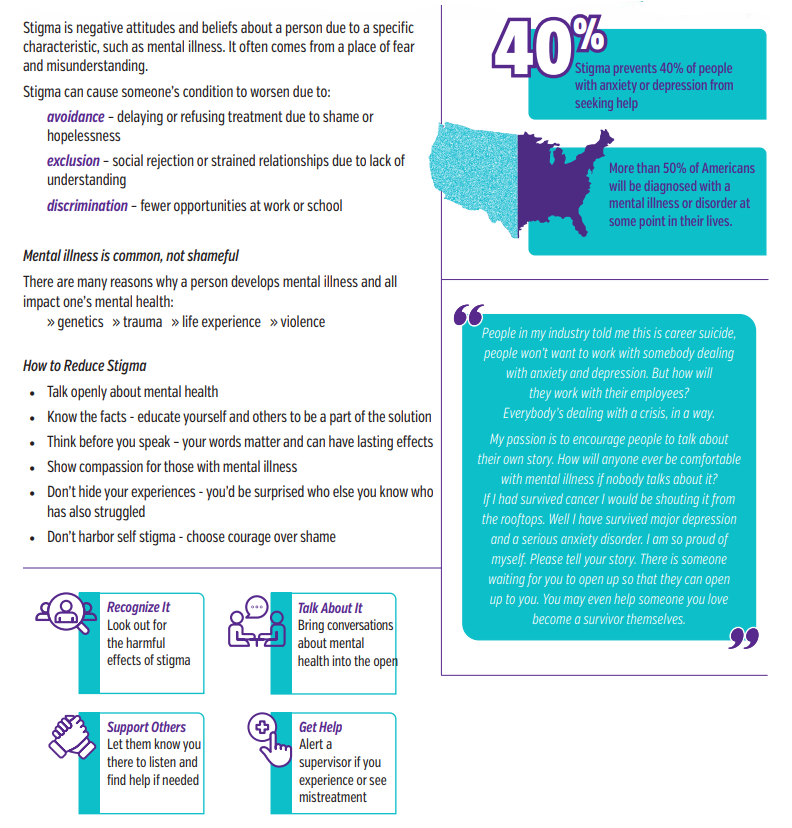


**Meeting Leader**

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*Reducing Stigma*

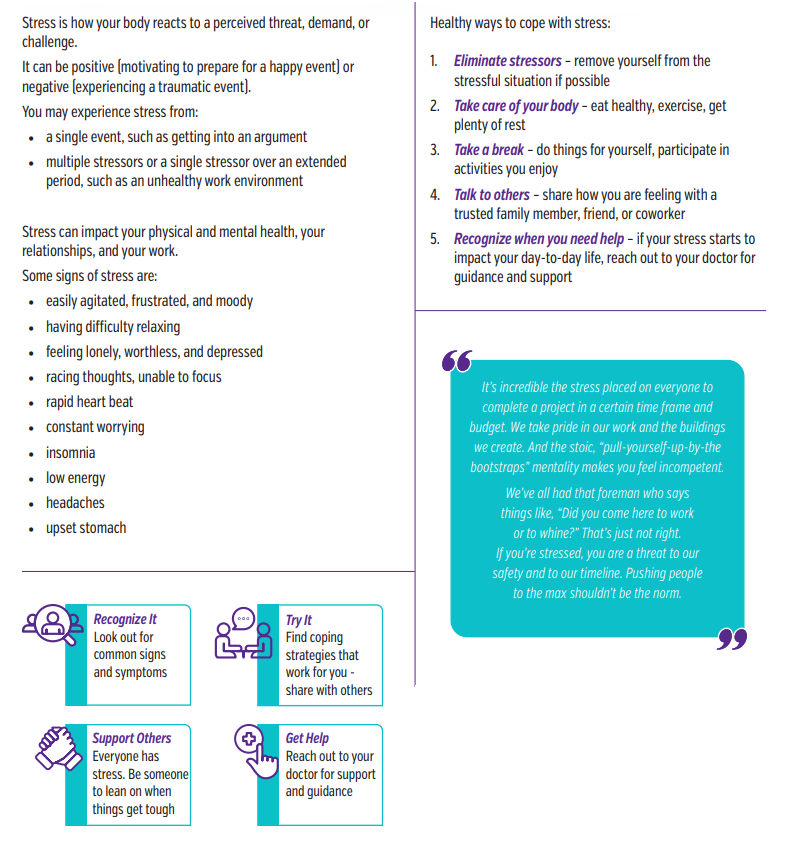


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*Stress*

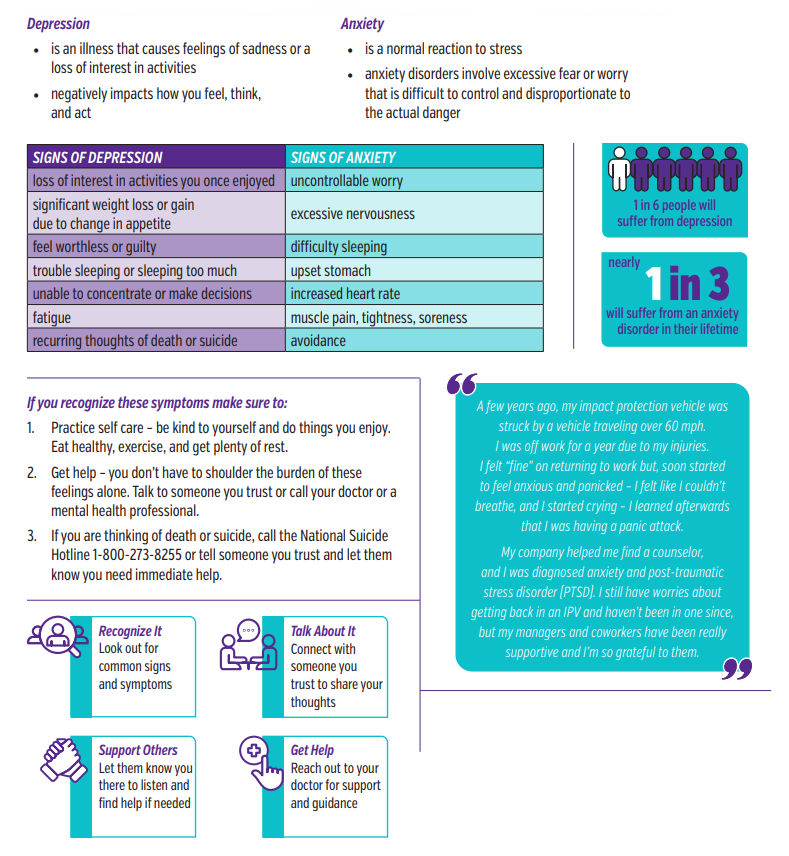


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*Depression vs. Anxiety*

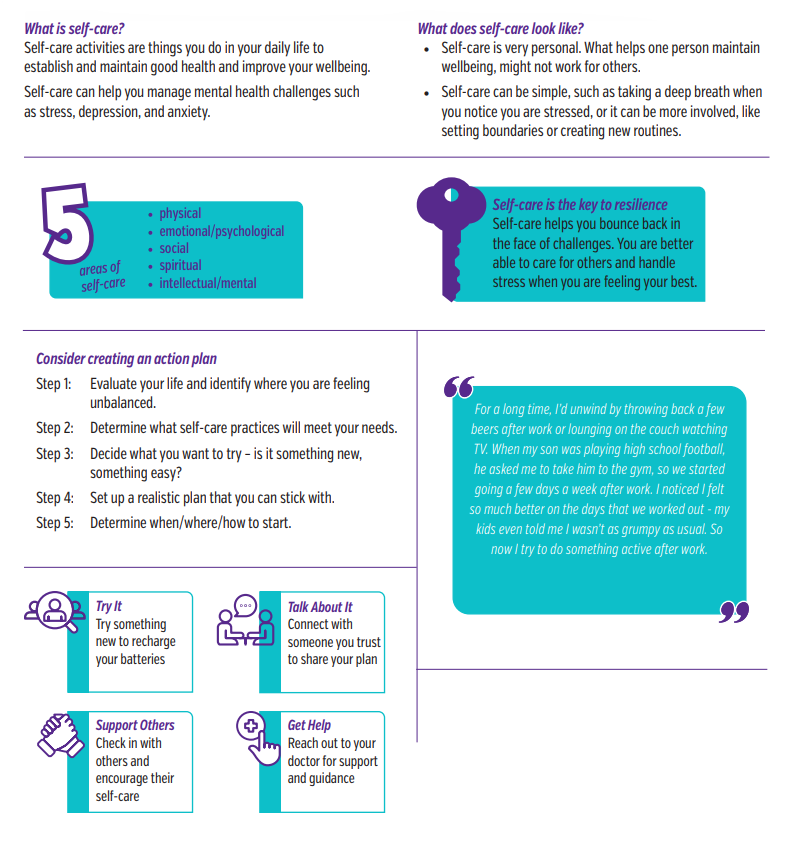


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*Self-Care: More Than a Fad*

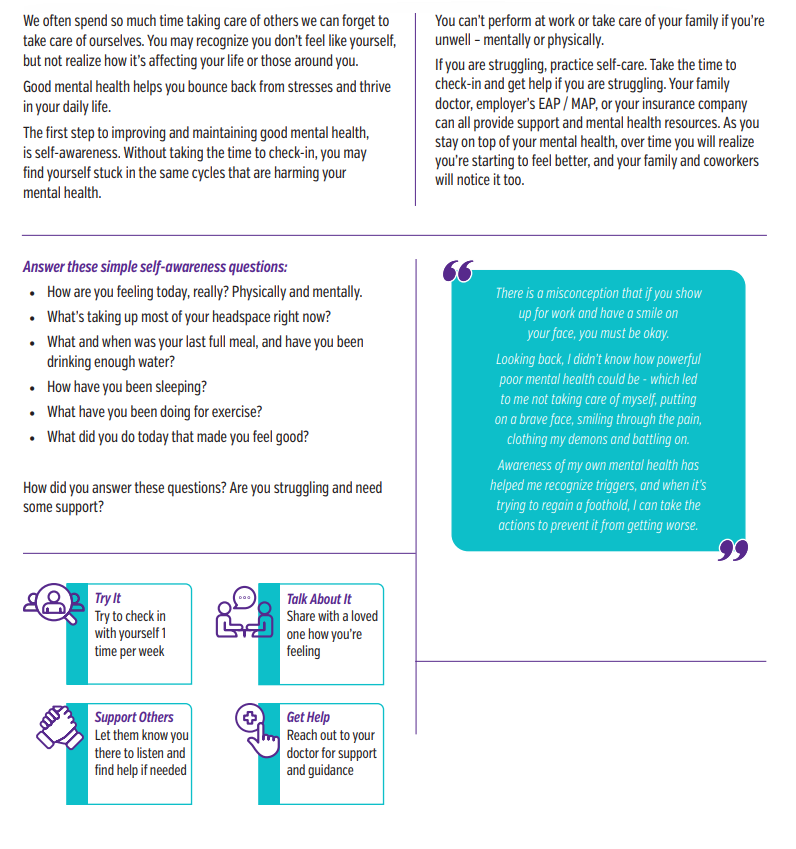


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*Awareness of Your Own Mental Health*

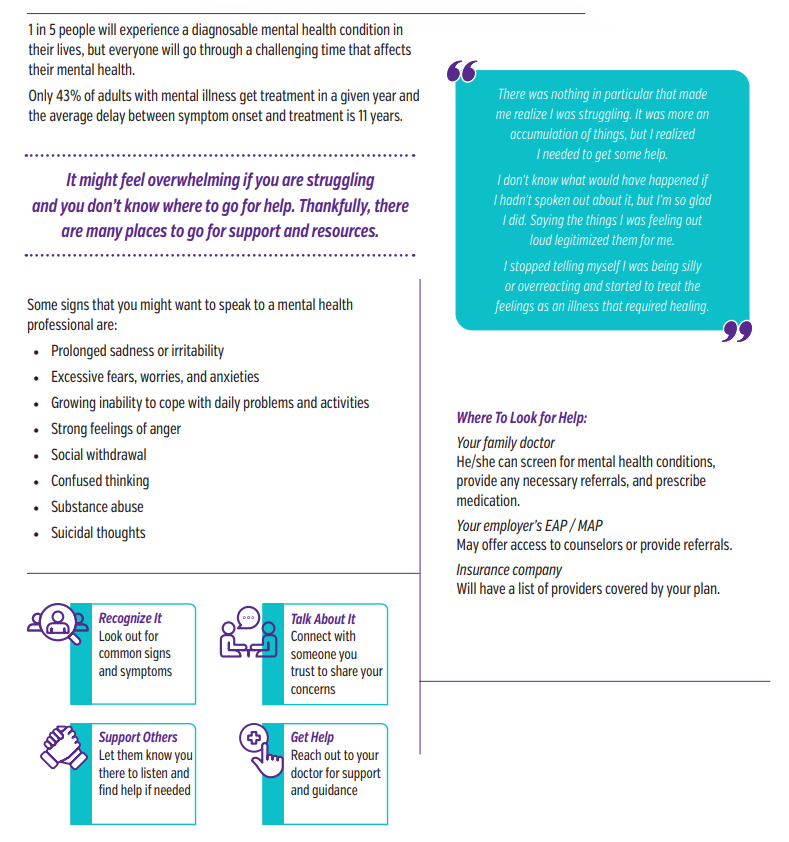


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*How to Get Help*

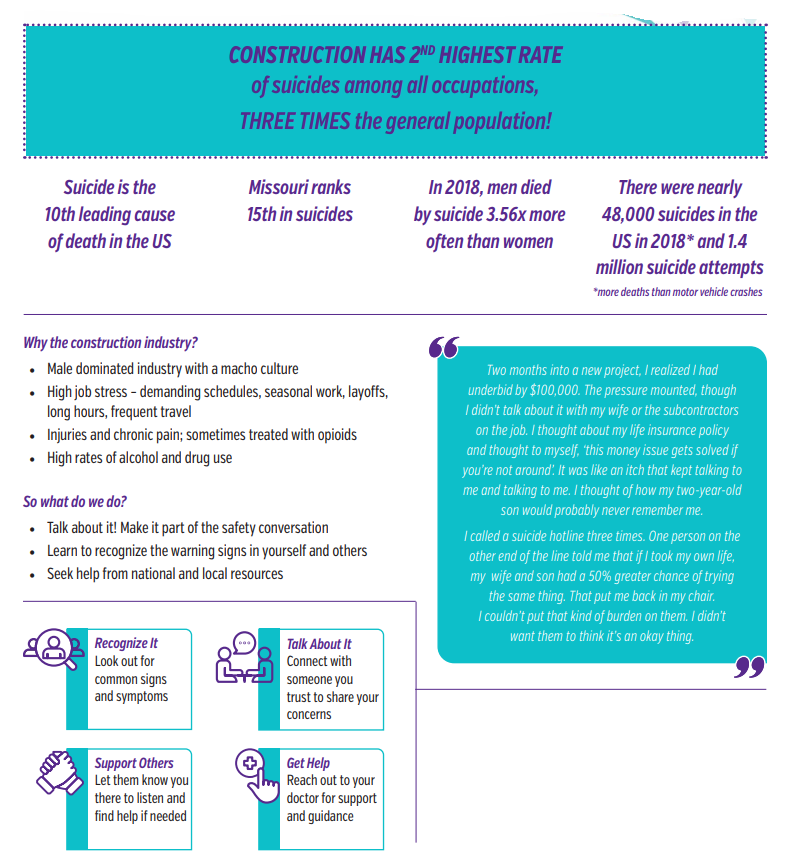


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*Suicide Awareness*

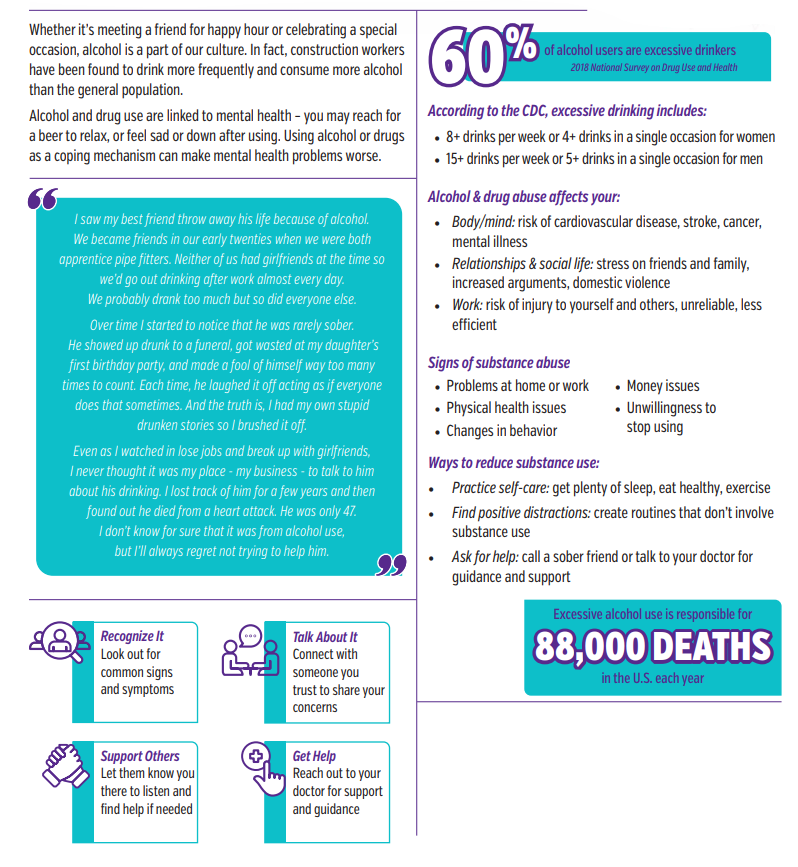


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*Alcohol & Drug Use*

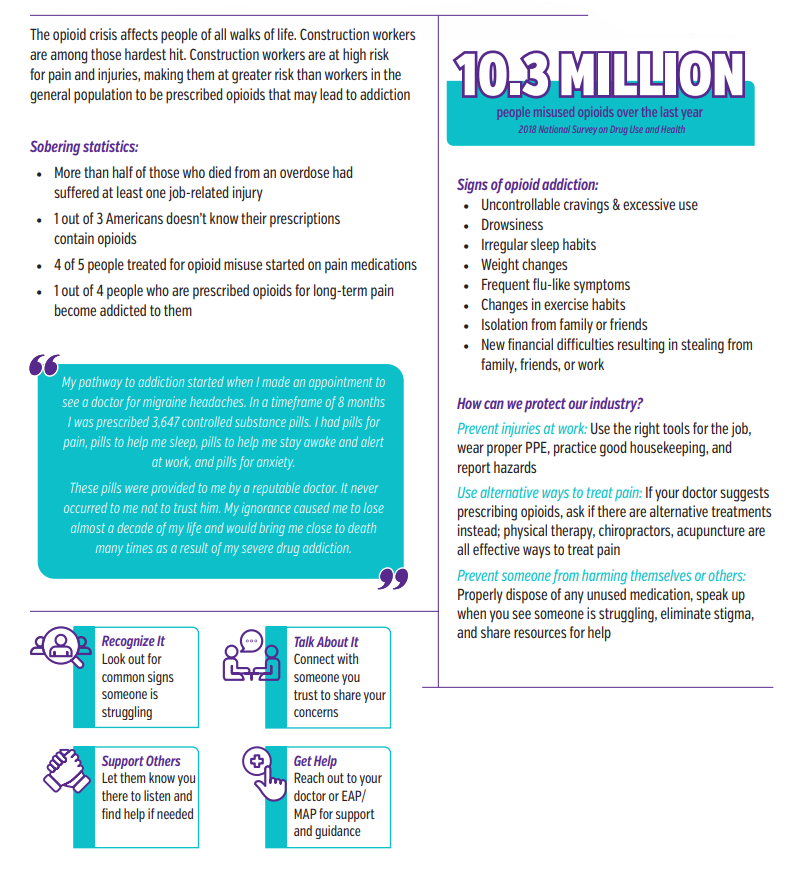


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*Opioids & Other Pain Killers*

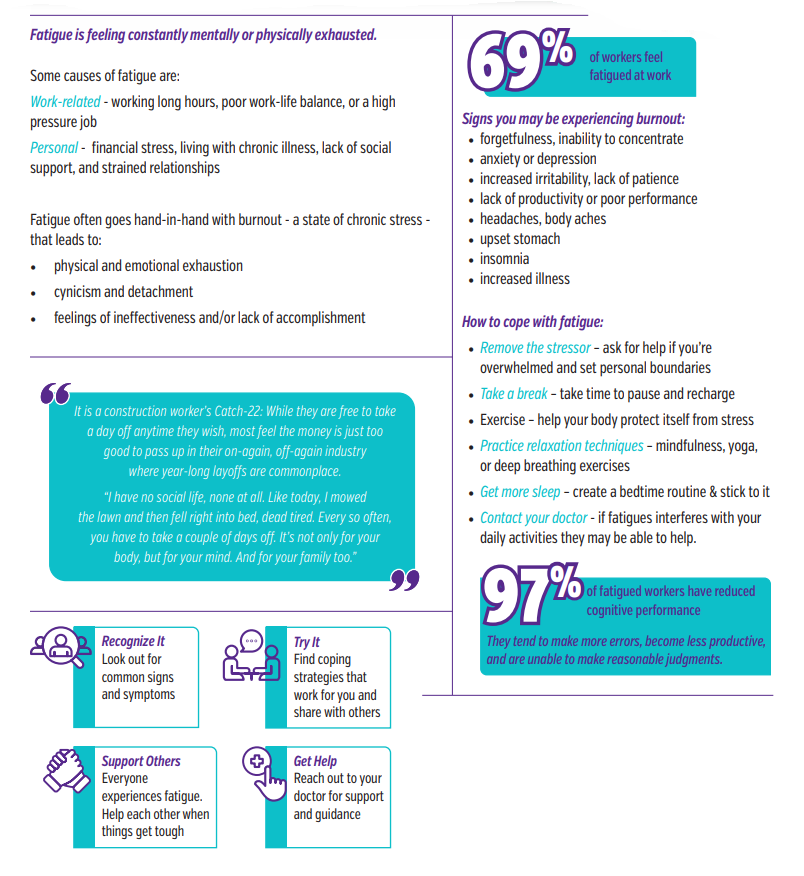


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*Feeling Fatigued*

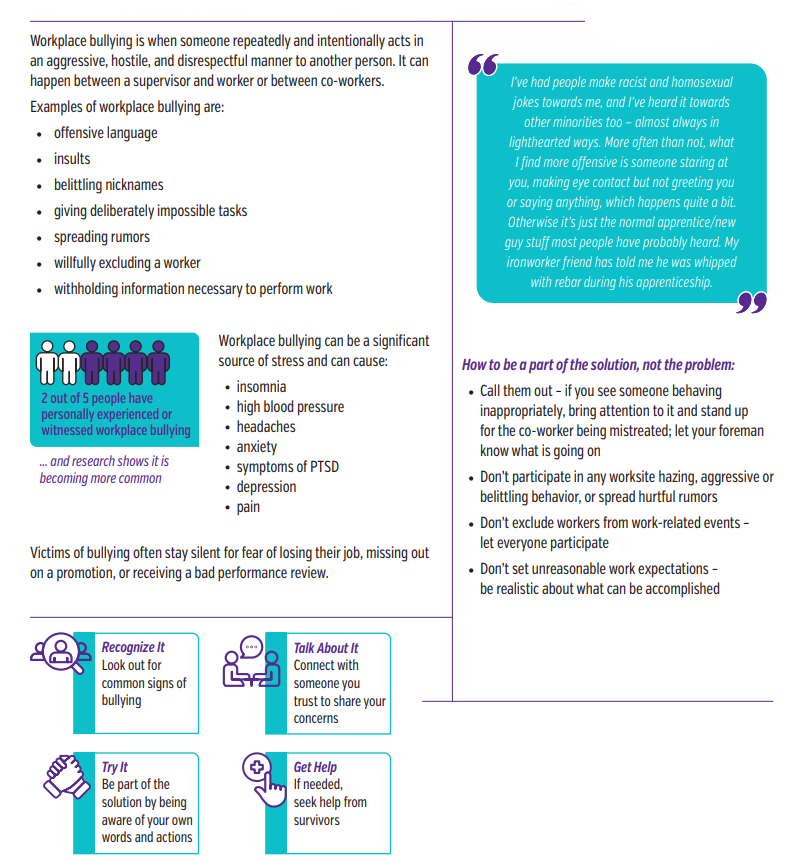


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*Bullying – Beyond the Schoolyard*



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