

Your

MENTAL HEALTH TOOLKIT

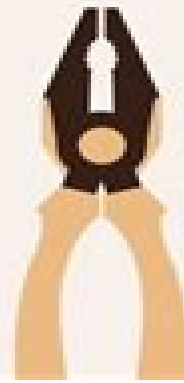
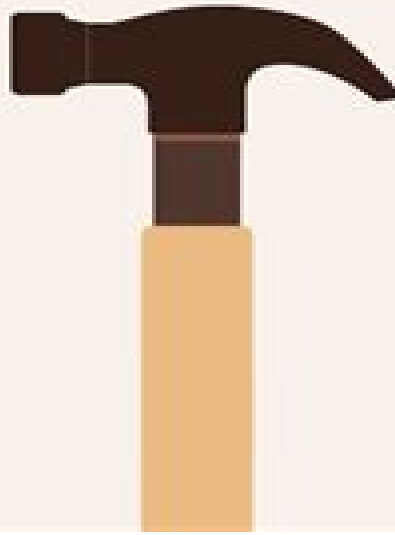
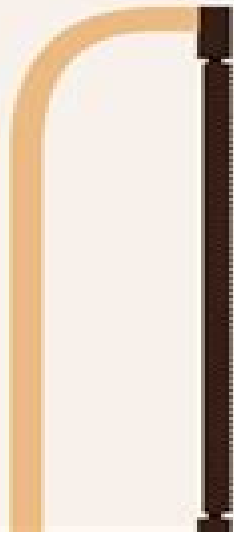
Perspective

Relationships

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Identity

Exercise



Mental Health Toolkit

David Kirk



Mental Health Toolkit:

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