

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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a study conducted by the Center for Disease Control it was revealed that up to 1 to 5 young people in the United States struggle with mental illness It was also found that the prevalence of mental illness among America's youth seems to be increasing Knowing the warning signs of mental illness has the potential to not just improve your child's life but in some cases save it Here Is A Preview Of What You'll Learn Early signs of Mental Illness in Teens Early Symptom in Teens Symptoms or Signs of Mental Illness How Symptoms in Teens Varies Differently The Trivedi Effect Getting Treatment Key Tips for Parents Key Mental Health Issues in Teens Much muchmore Download your copy today Take action today and download this book for a limited time discount of only 3.99 insert call to action here Check Out What Others Are Saying

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