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Sometimes we all feel big emotions. It's okay! Talking to a friend, teacher, or parent can help.



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Mental health is about how we think, feel, and act every day. It's normal to feel worried, stressed, or sad sometimes.



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If those feelings stay too long, or feel too heavy-remember, reaching out is a sign of strength, not weakness.



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On Mental Health Day, let's remember:

Talking helps.
Listening helps.
You are never alone.



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Join the Movement!

World Mental Health Day
#KnowEmotions

Take care of your mind.
It's the most powerful tool you have.
Choose to talk about what you feel!



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