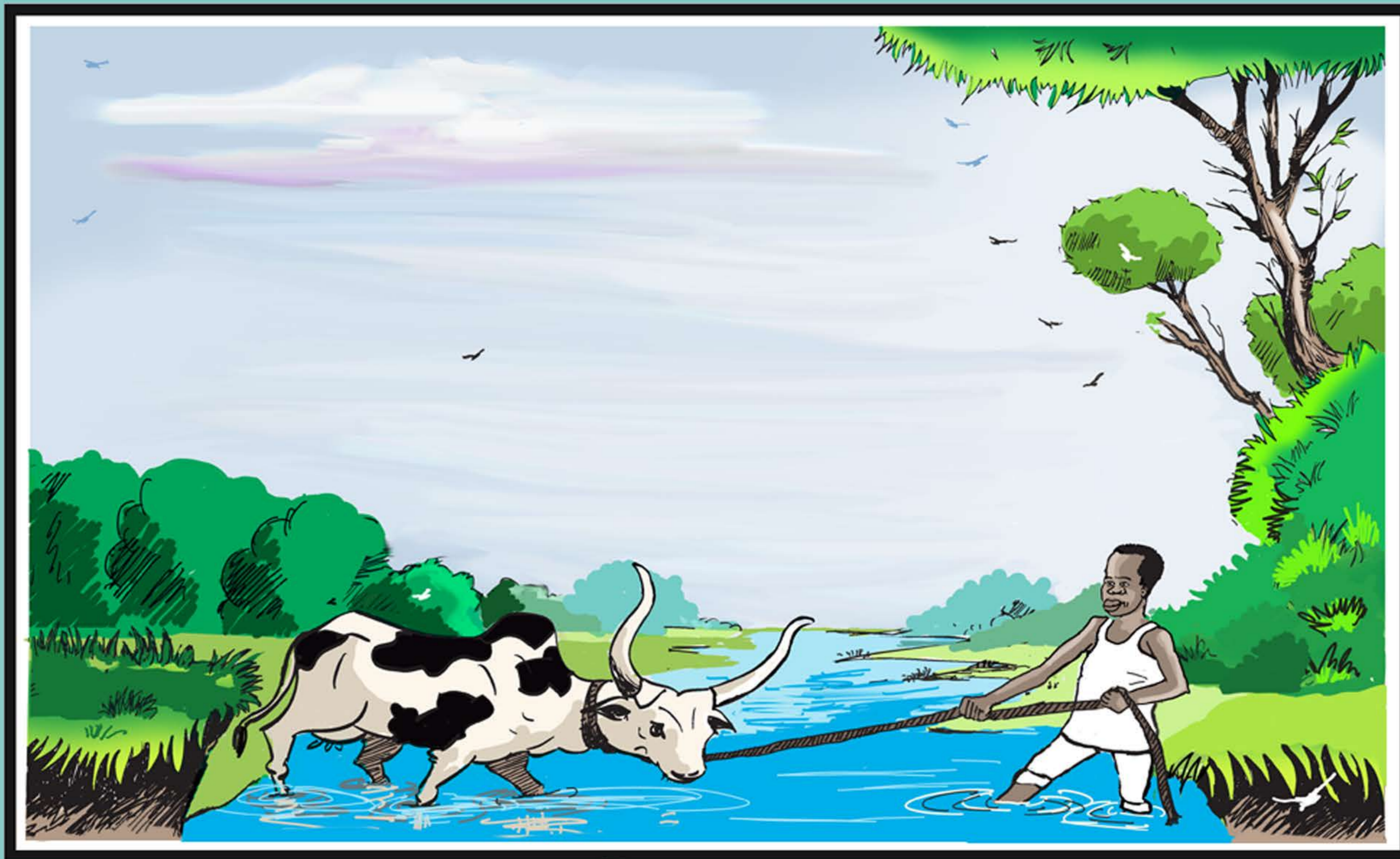




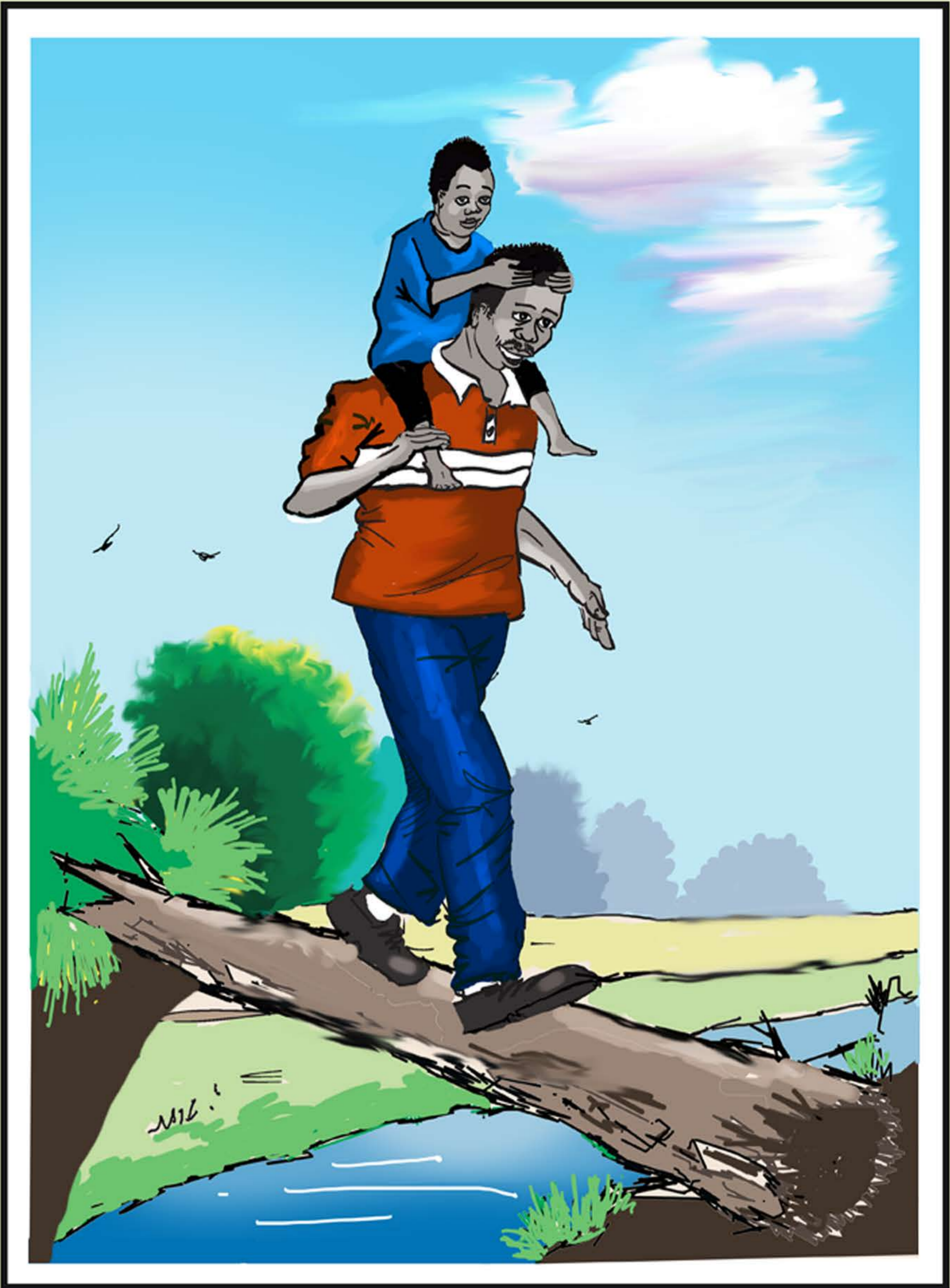
Mental well-being comes from finding your role in the community



Stick to your plans despite every day challenges



Find your own positive role model to follow

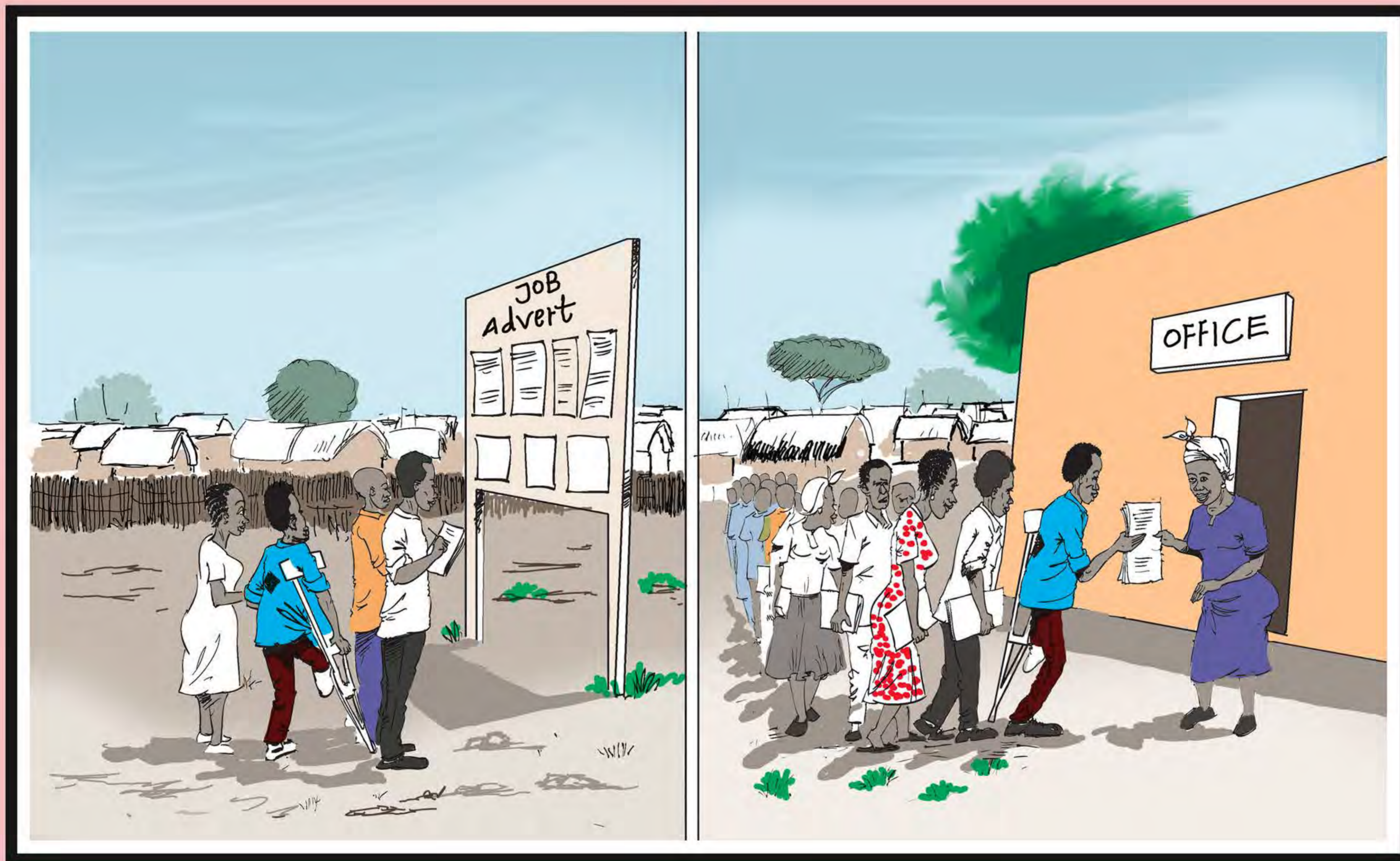


Challenges are temporary - focus on the future



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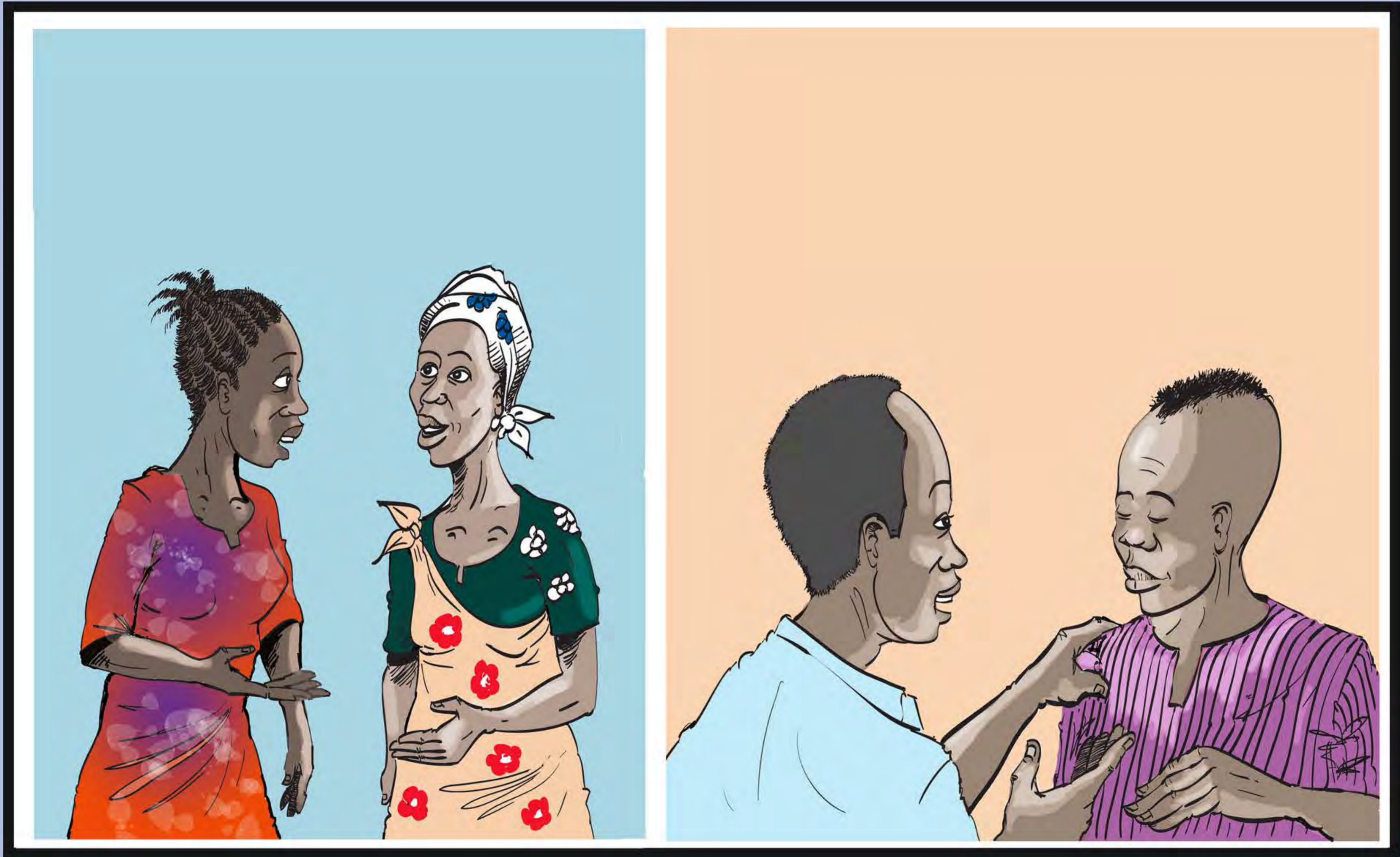


Harness the youth potential by giving them a chance to use their skills and grow



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When you feel sad talk to a friend



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Learn something new every day to stay healthy



Recognize your own unique abilities - and how you can best use them



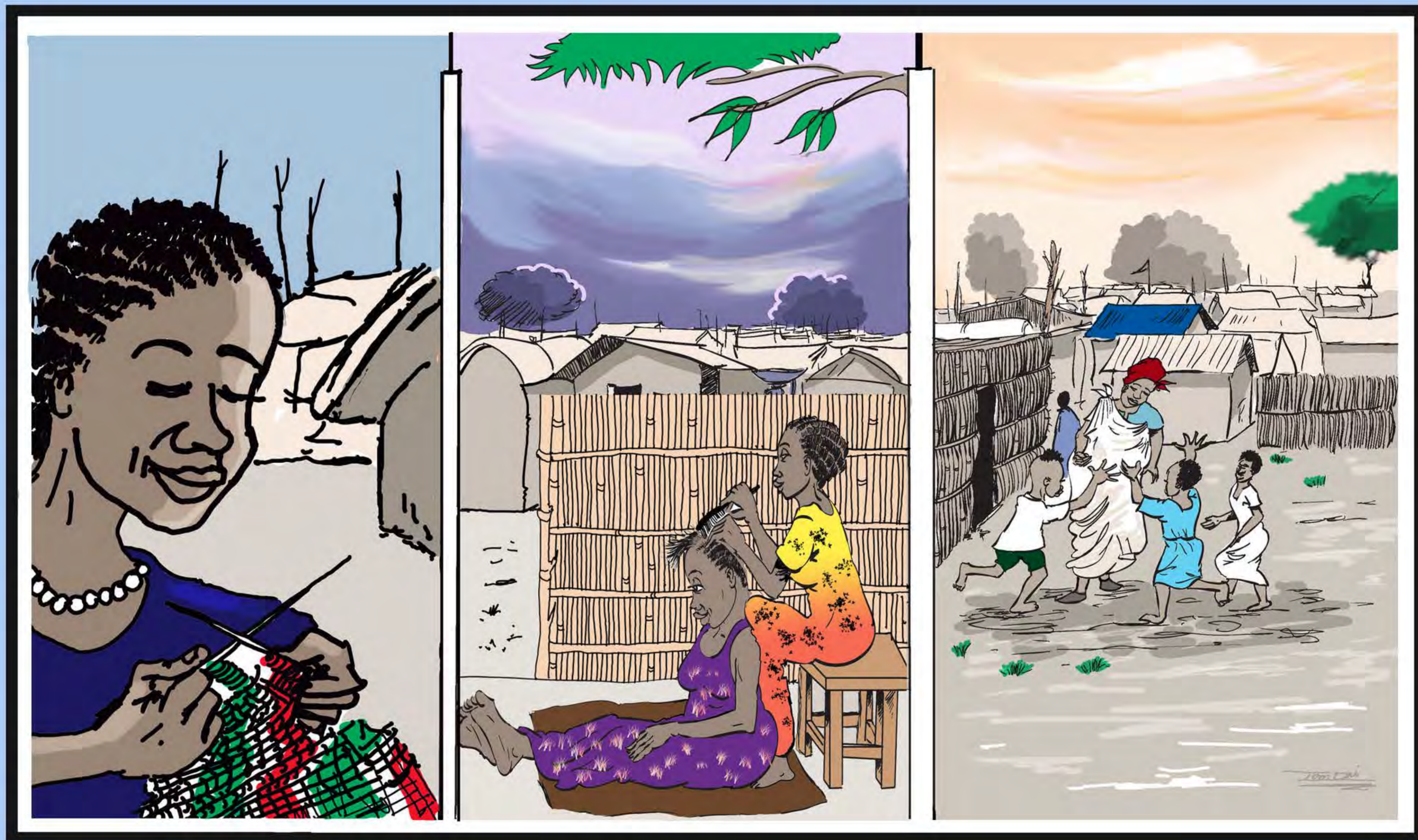
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Know that there is always someone to support you



Find joy in the simple things in life



Share responsibilities with neighbors- support each other