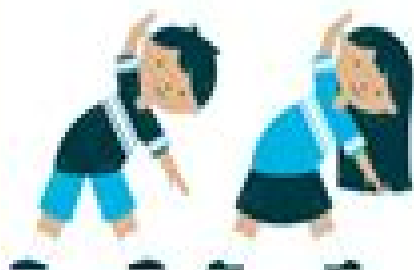


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ones & seek support
when overwhelmed

Tips Self Help

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