

A woman with blonde hair is sitting on a light-colored couch. She is wearing a white long-sleeved top and dark grey pants. She is smiling and looking towards the camera. On her lap is an open journal with a black cover. She is holding a black pen in her right hand, ready to write. The background is a bright, slightly blurred indoor setting.

# **BEGINNERS GUIDE TO JOURNALING & MENTAL HEALTH**

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# Mental Health For Beginners

**CO Houle**



## **Mental Health For Beginners:**

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