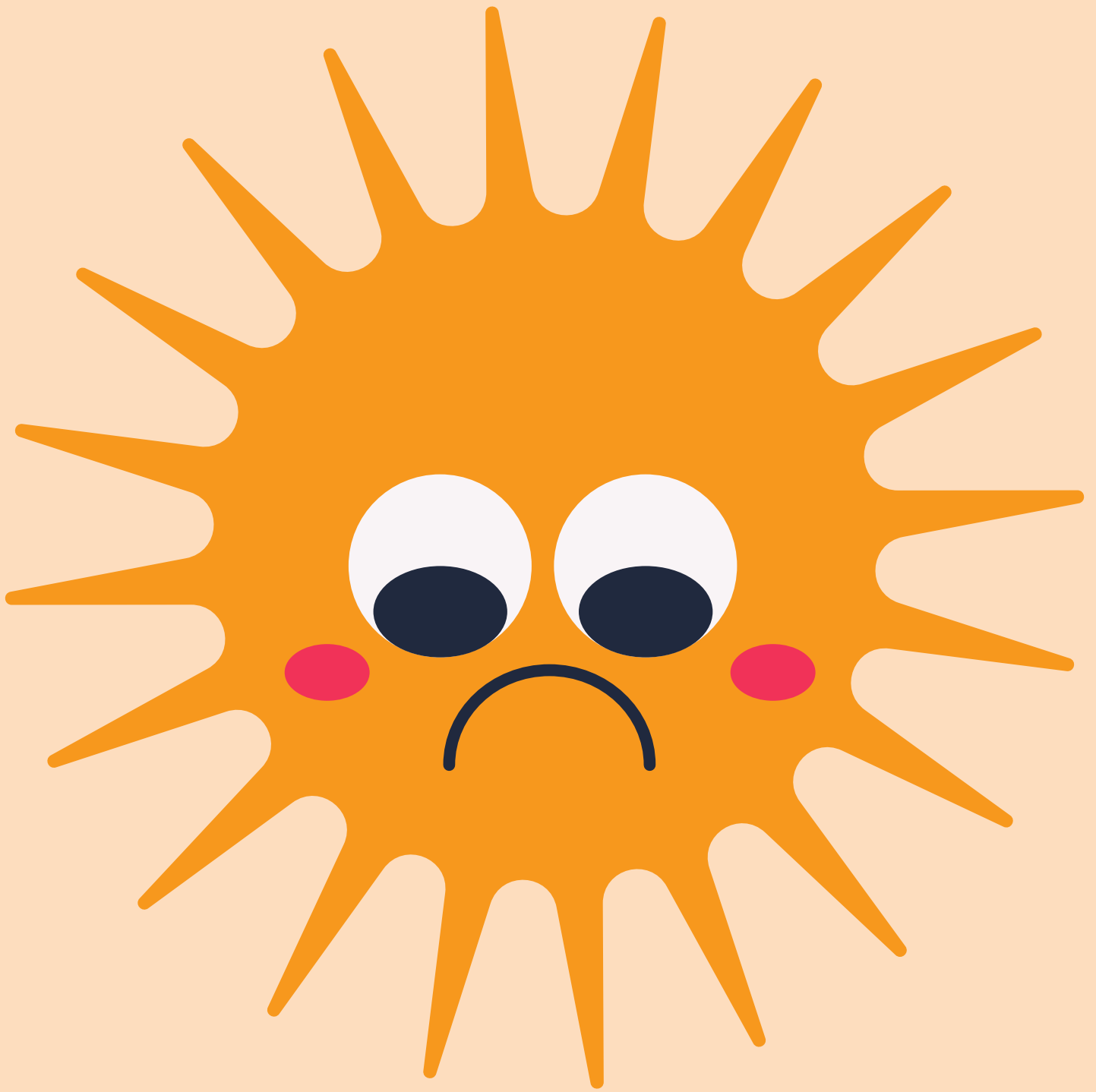




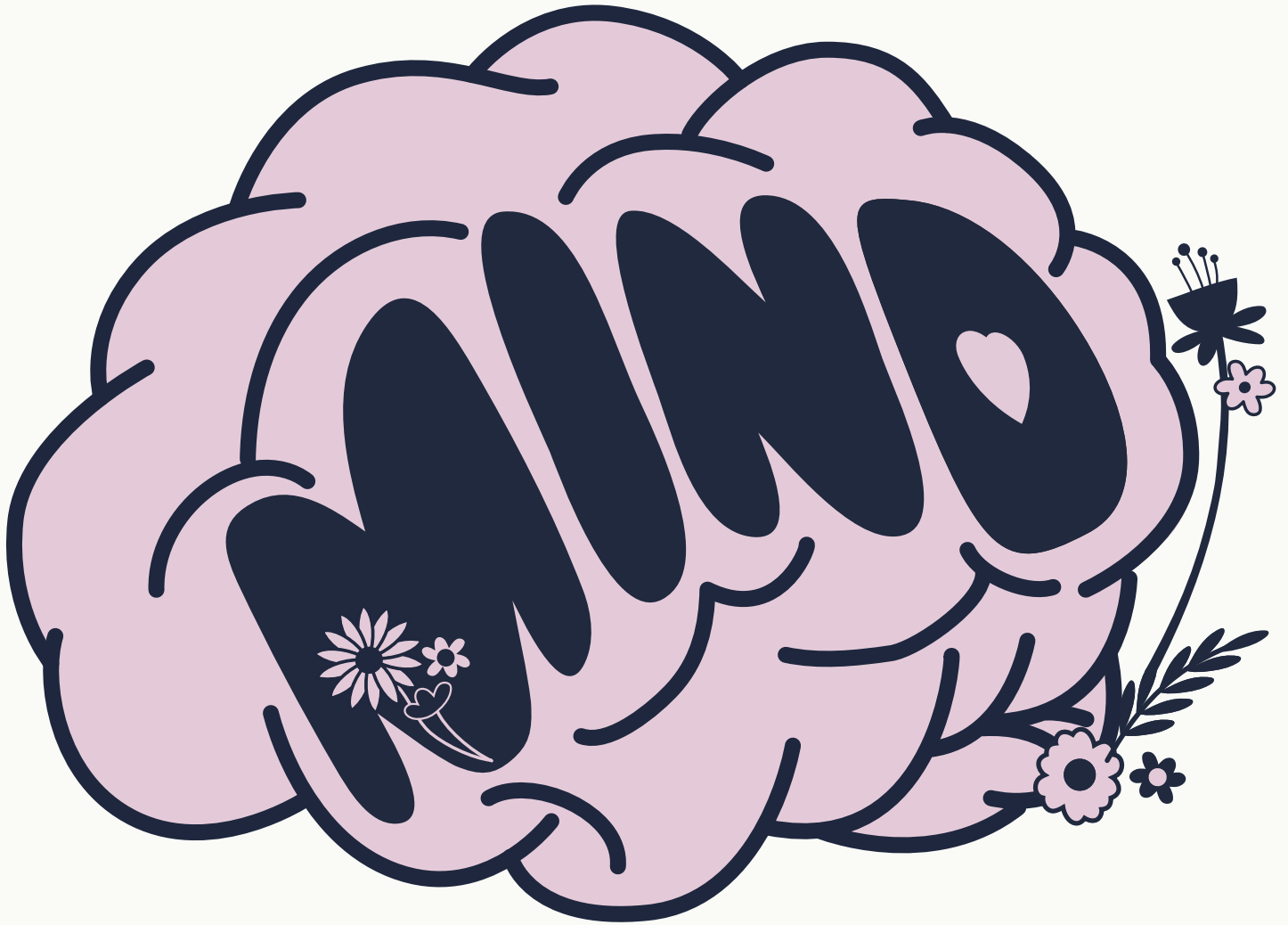
It's ok not to be ok

Need to talk? If you are feeling overwhelmed, you don't have to navigate it alone. Speak to a trusted teacher, a school counsellor, a friend, or a parent. Your voice matters.



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Be kind to your



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