## **MENTAL HEALTH FOR ALL**

## A FREE ONLINE COURSE



## SCIENCE-BASED SKILLS TO BUILD RESILIENCE DURING STRESSFUL TIMES

Feeling tired, tense, anxious, stressed, irritable, or sad? Learn from mental health expert, **Dr. Luana Marques**, how to navigate the emotional challenges of the COVID-19 pandemic.

## **GET STARTED TODAY**

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Community Psychiatry PRIDE

