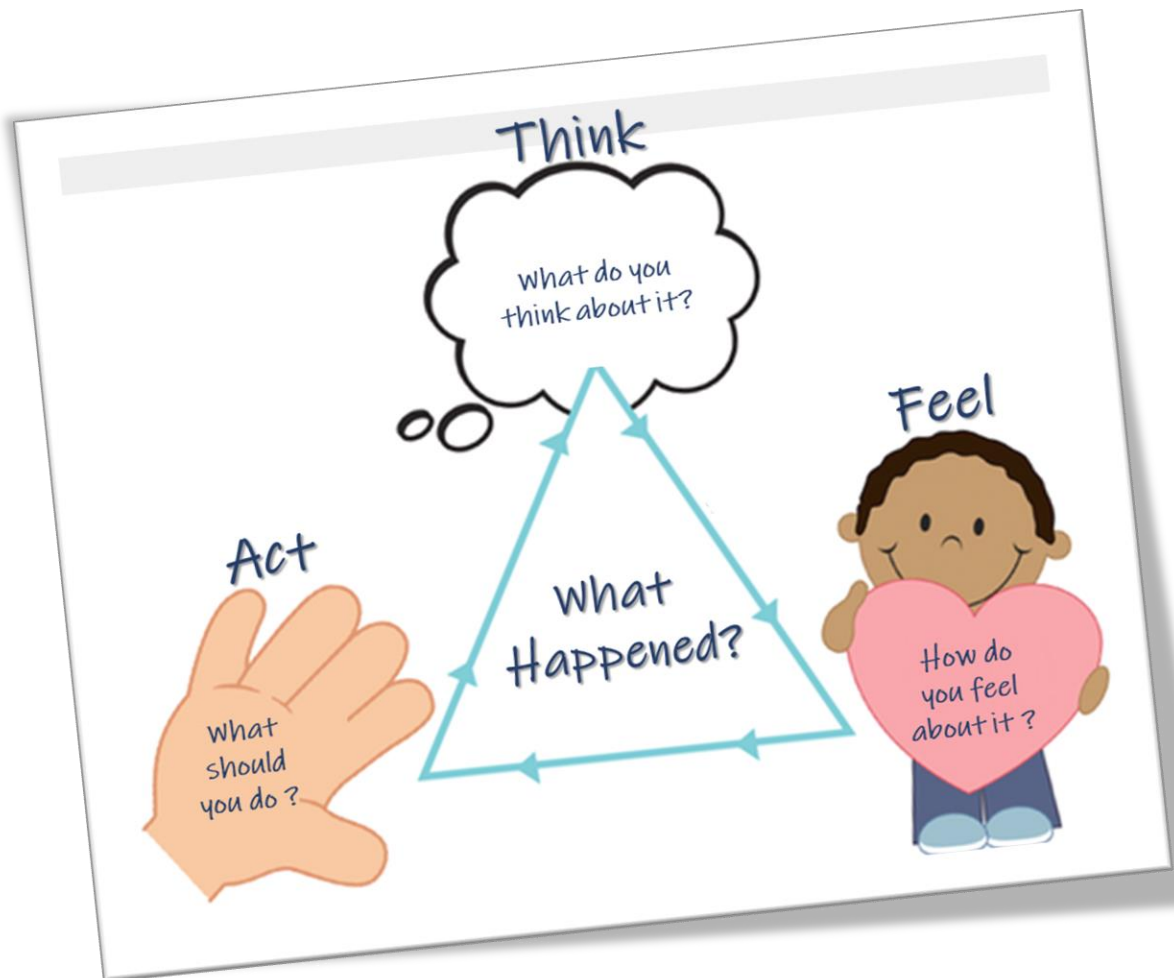


Promoting Good Mental Health

Mental Health is about what we THINK, how we FEEL and how we ACT



We also learnt that if you are feeling upset or anxious, gently pressing your index finger and thumb together can help...

