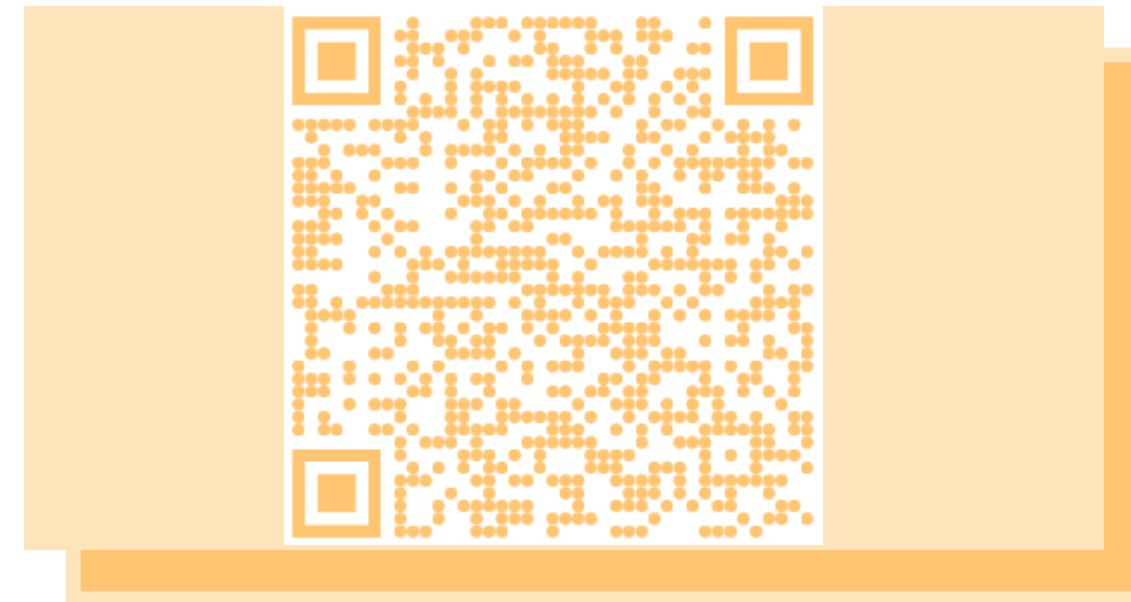


# TEEN MENTAL WELLNESS DAY

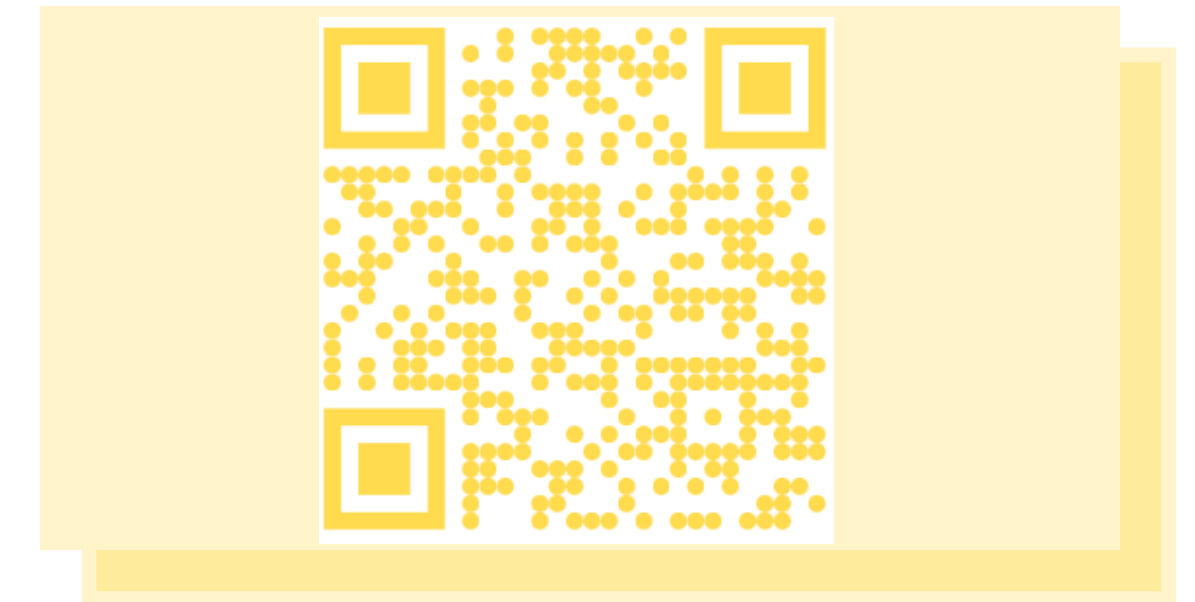
MARCH 2ND

WORLD TEEN MENTAL WELLNESS DAY IS OBSERVED ON MARCH 2ND AND AIMS TO RAISE AWARENESS ABOUT THE MENTAL HEALTH ISSUES TEENS FACE TODAY.

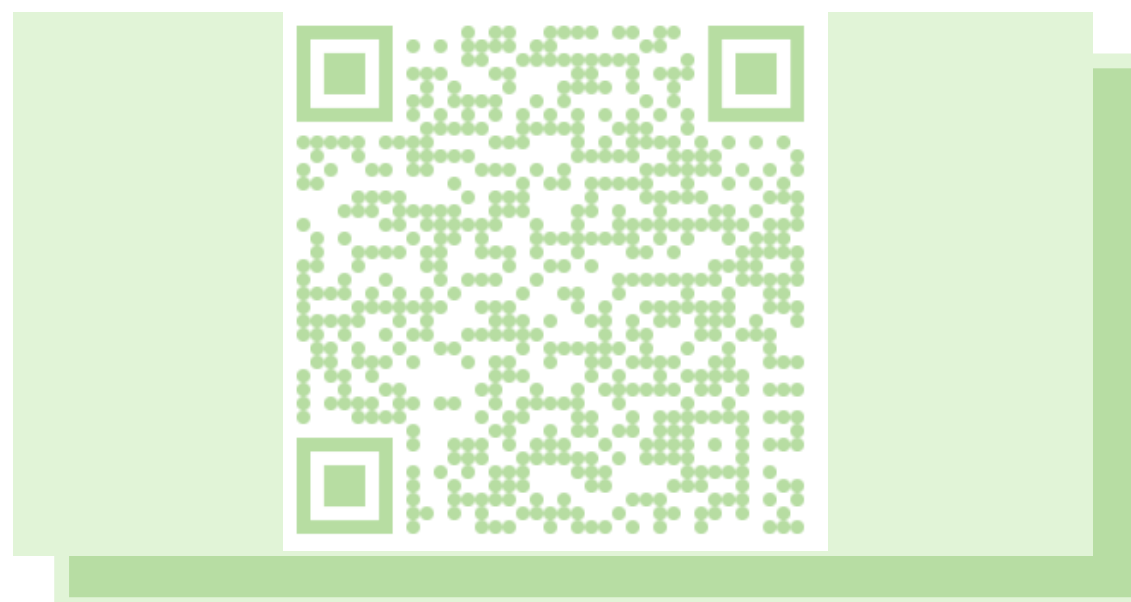
WHAT IS WORLD TEEN MENTAL WELLNESS DAY?



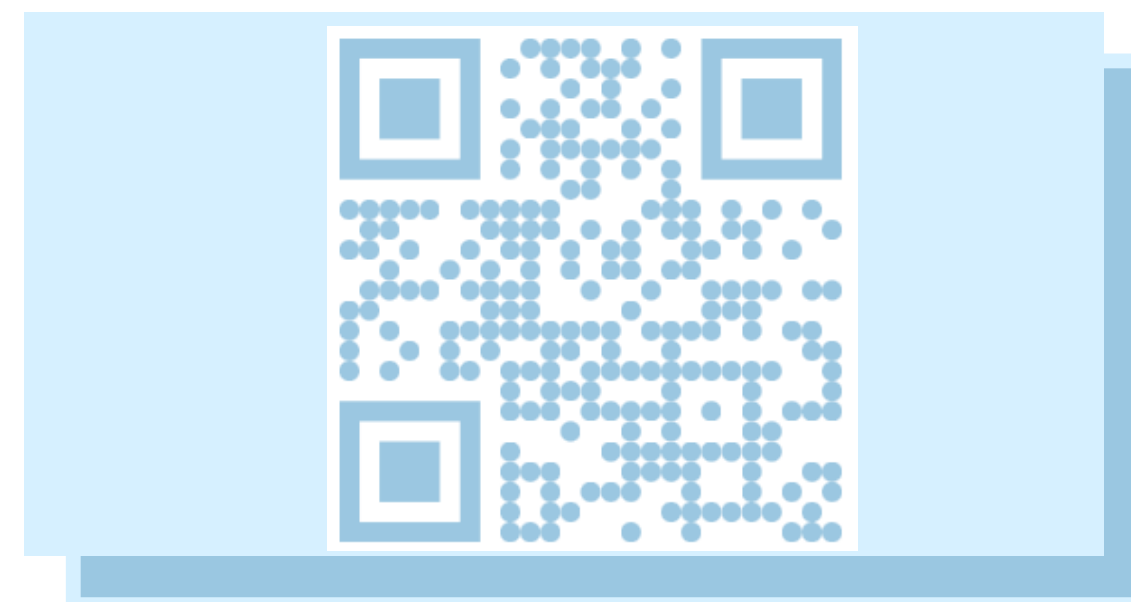
MENTAL HEALTH RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS



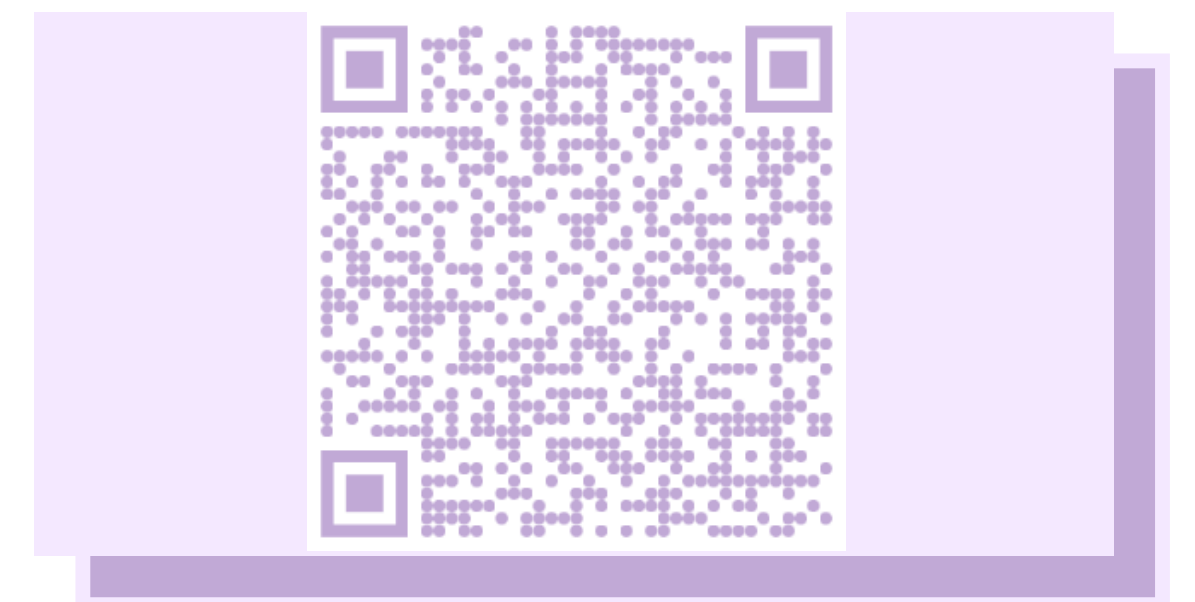
MENTAL HEALTH LITERACY



THE IMPACT OF MENTAL HEALTH CHALLENGES ON TEENS



THE POWER OF OKAY MENTAL HEALTH AWARENESS



SELF-CARE TIPS FOR TEENS

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