

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

Mental Health Tips Ideas Open Now

Barbara Moran

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services and capacity which has been extended to include all mental capacity and decision making. Broad in its coverage written by experts in their fields and maintaining a clear structure throughout the new second edition of the Oxford Textbook of Old Age Psychiatry is the essential reference for all old age psychiatrists as well as all those interested in the mental health care of older people.

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