



How Are You?

Description

This is from my guitar related channel, but I thought it was important to share it here as well (as I have not been sharing much here of late).

How are you? Let me know in the comments. Mental Health is a struggle many of us face and it is important to remember that you are not alone. The following link has a list of international mental health charities you can reach out to.

[International Mental Health Charities](#)

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Category

1. Education
2. Life

Tags

1. anxiety
2. Mental Health

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