

MENTAL HEALTH MATTERS

MAZE

DURING A MAZE OF UNCERTAINTY... FOLLOW THESE TIPS ALONG THE WAY

EAT HEALTHY

REST & SLEEP

EXERCISE

MEDITATE

COMMUNICATE

OVERCOME

CONNECT

UNWIND

LAUGH

BOND

UNITE

CREATE

COVID 19 - (401) 222-8022 | BH LINK - (401) 414-5465

 #MENTALHEALTHMATTERSRI

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