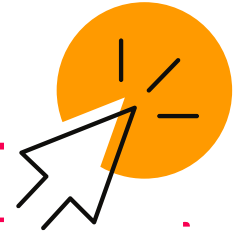




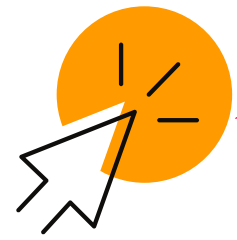
Additional Tips and Tools



Jack.org - Canada's only charity who trains and empowers young leaders to revolutionize mental health in every province and territory. Movement led by youth for youth.



"GREAT DREAM - Ten keys to happier living" by Action for Happiness



"It's okay to not be okay - Students and COVID-19" (video)

