

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

Mental Health Tips

Yi-Tong Ma



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Mental Health Information for Teens, 6th Ed. James Chambers, 2021-09-01

Consumer health information for teens about the causes warning signs and symptoms of mental health disorders along with facts about treatment approaches and tips for teens on coping with stress building self esteem and maintaining mental wellness

Self-Help/Mutual Aid Groups and Peer Support Thomasina Borkman, 2021-01-04

Thomasina Borkman reviews English language social science research on North American self help mutual aid groups SHGs and organizations and some from industrialized countries SHGs known by many names are voluntary member run groups of peers who share a common issue utilize lived experience and practice mutual aid Borkman's autoethnographic approach highlights her international SHG participation Despite initial common values and practices in the 1960s and on Alcoholics Anonymous the mental health SHGs and other SHGs evolved in the US as three separate social movements that became institutionalized by 2000 their history characteristics achievements and supportive infrastructure are summarized British contributors Munn Giddings and Boyce show in European countries how socio political contexts shape self help mutual aid Research has shifted from SHGs to peer support since 2000

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