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<!DOCTYPE html>

<html>

<head>

  <title>Resources & Articles</title>

  <link rel="stylesheet" href="styles.css">

</head>

<body>


<nav> ...same nav... </nav>


<div class="container">

  <h2>Helpful Resources</h2>

  <ul>

    <li><a href="#">How to Navigate Anxiety</a></li>

    <li><a href="#">Improving Self-Esteem</a></li>

    <li><a href="#">Coping with Stress</a></li>

    <li><a href="#">Finding the Right Therapist</a></li>

  </ul>

</div>


<footer>© 2025 Cloud 7</footer>

</body>

</html>
```