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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Knowledge is Power</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <h1>Knowledge is Power</h1>
    <p>Empowering information on mental health, relationships, recovery, and personal
growth.<br>
    <strong>Educational only</strong> — not medical advice. In crisis? Call/text
<strong>988</strong> or visit <a href="resources.html">Resources Hub</a>.</p>

    <nav>
      <input type="checkbox" id="menu-toggle" class="menu-toggle">
      <label for="menu-toggle" class="hamburger">☰ Menu</label>
      <ul class="nav-menu">
        <li><a href="index.html">Home</a></li>
        <li><a href="resources.html">Resources Hub</a></li>
        <li><a href="self-care-toolkit.html">Self-Care Toolkit</a></li>
        <li><a href="quotes-affirmations.html">Quotes & Affirmations</a></li>
        <li><a href="healthy-relationships.html">Healthy Relationships</a></li>
        <li><a href="boundaries.html">Healthy Boundaries</a></li>
        <li><a href="narcissism.html">Narcissism</a></li>
        <li><a href="domestic-violence.html">Domestic Violence</a></li>
        <li><a href="adhd.html">ADHD</a></li>
        <li><a href="bipolar.html">Bipolar Disorder</a></li>
        <li><a href="depression.html">Depression</a></li>
        <li><a href="anxiety.html">Anxiety</a></li>
        <li><a href="stress.html">Dealing with Stress</a></li>
        <li><a href="gambling-addiction.html">Gambling Addiction</a></li>
        <li><a href="substance-addiction.html">Substance Addiction</a></li>
        <li><a href="dual-diagnosis.html">Dual Diagnosis Treatment</a></li>
        <li><a href="trauma-informed-care.html">Trauma-Informed Care</a></li>
      </ul>
    </nav>
  </header>

  <main>
    <section>
      <h2>Welcome</h2>

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<p>Explore topics to build awareness, find resources, and support your journey toward healing and growth.</p>

</section>

</main>

<footer>

<p>© 2026 Knowledge is Power • Not a substitute for professional care • Sources: NIMH, SAMHSA, Mayo Clinic & more</p>

</footer>

<script src="quizzes.js"></script>

</body>

</html>