

# Heart Rate

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**“Just because no one else can heal or do your inner work for you doesn’t mean you can, should, or need to do it alone.”**

— Lisa Olivera



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People Worldwide have a mental health or substance abuse disorder(Our World in Data 2018)

## St. Louis City Rate

In St. Louis alone the City raises 9.937 the year

- Information gather from 2012 -2016

A rectangular array of dots arranged in 3 rows and 7 columns. There are 3 rows and 7 columns of dots.



# Where to Start?



Such as a Daily Progress report with consistent reminders...

## Why is it Important?

St Louis City has increased of 228.5%. •  
A 110.7% increase occurred between 2015 and 2016 – from 131 deaths to 276

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Help Build an Application that works on going through your mental & physical health journey!

02

03

From 2012 to 2016, average hospitalization rates among children ages 0 to 17 for mental disorders in St. Louis County was 75.3 per 10,000 population and 89.5 per 10,000 population in St. Louis City.

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# CONTACT

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