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Become Part of the  
Solution**

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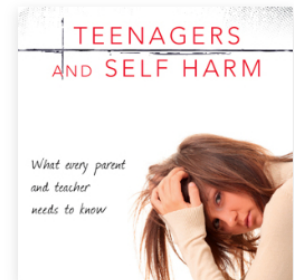
**Supporting Men in  
Distress: A Resource for  
Women**

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and Your Family**

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**Teenagers and Self Harm**

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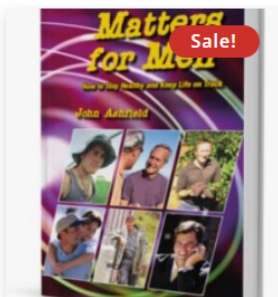
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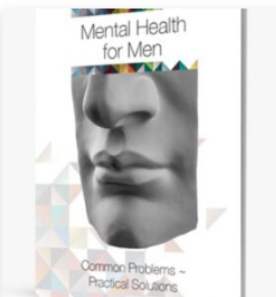
**Loss of Independence  
and Self-identity – Helpful ways  
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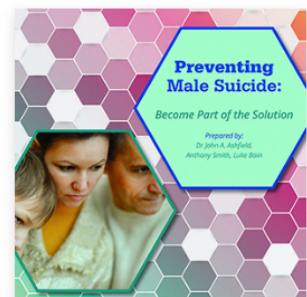
**Matters for men**

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**Mental Health for Men**

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**Preventing Male Suicide:  
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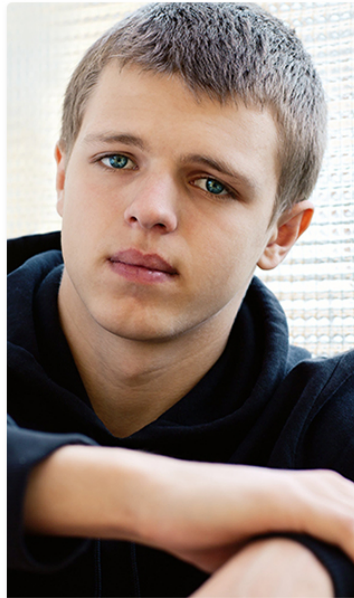
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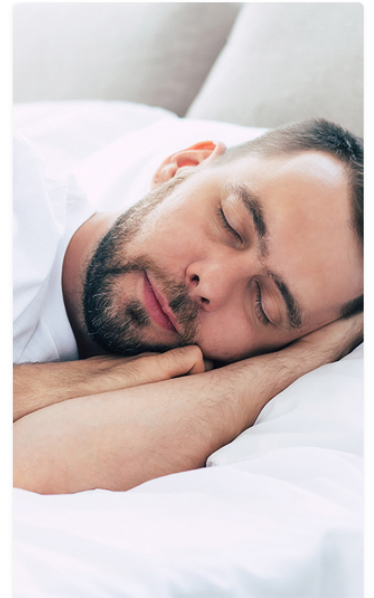
**Preventing Suicide in  
Indigenous Communities**



**Teenagers and Self Harm -  
The Parenting Trap**



**Learning to Manage Stress**



**Sleep is vital to wellbeing**

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