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struggles with mental health, even at home. But what makes them vulnerable in the first place, and how should the ecosystem step up?

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Sports and mental health: When trophies and fame are lined with silent, dark struggles Heidi Fischer shares the prompt cards she made to use when complex post-traumatic stress disorder (C-PTSD) makes it hard to communicate.

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My Creative Solution for When C-PTSD Makes Me

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Triggered by the ongoing global pandemic, mental health issues across the world ... Now how do we really break away from this pattern or downward spiral of negativity and recharge ourselves?

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intensive outpatient program.

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Why I'm Scared of Recovering From My Mental  
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