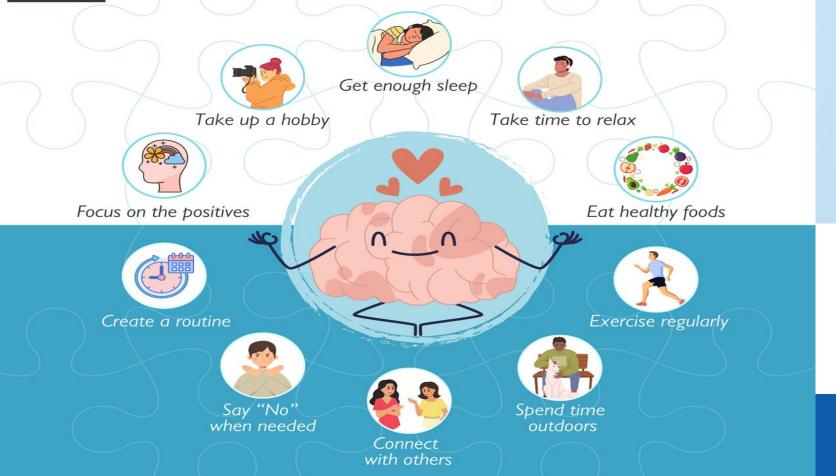
## The Faculty of Health Sciences Transformation Committee would like to wish you a Happy World Mental Health Day



10 Self-care tips to boost your mental health





## Faculty of Health Sciences

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