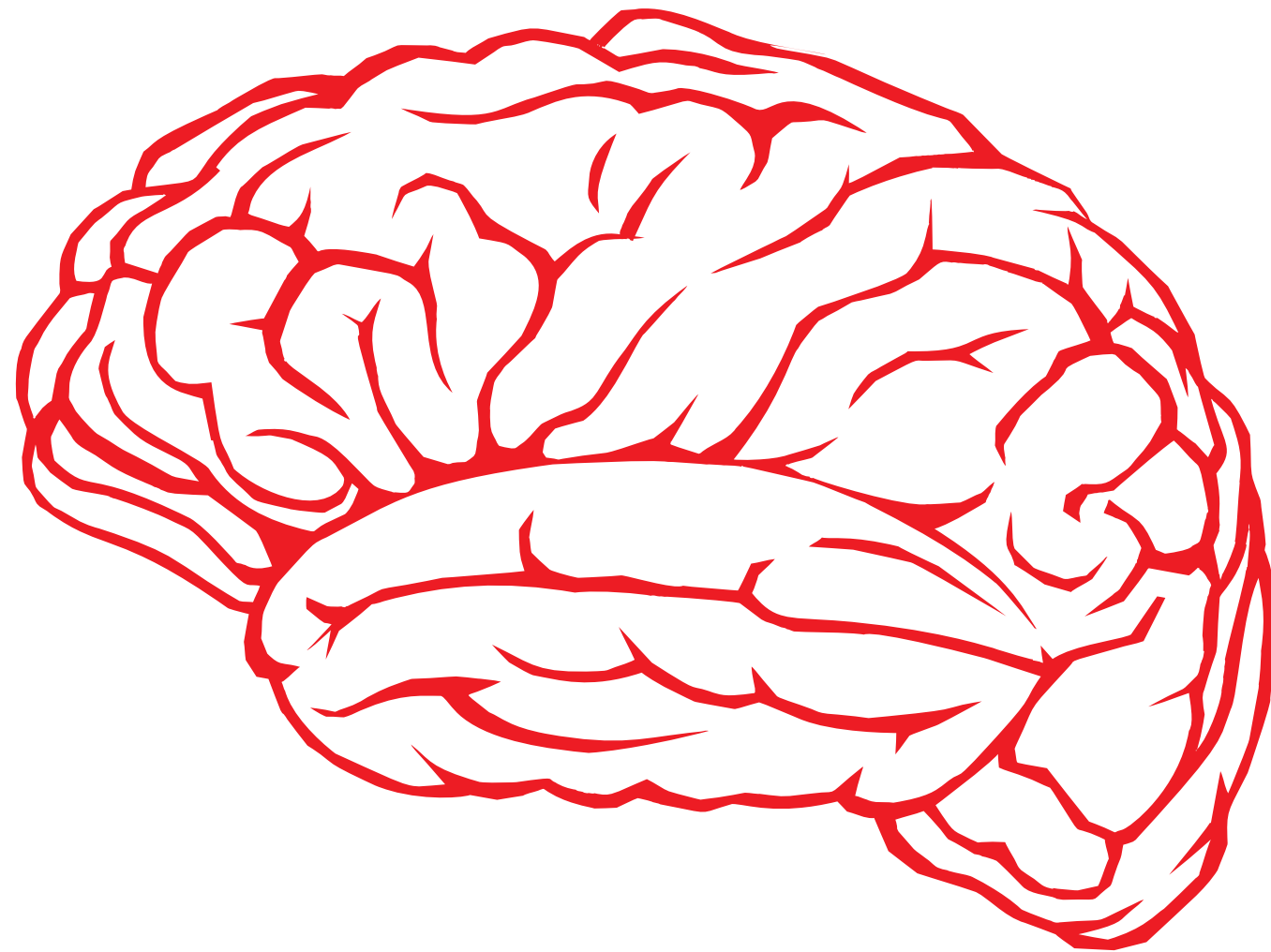


It's World Mental Health week!



BE KIND TO YOUR MIND

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference.

