

Thank you

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Thank You, Dr M Dillingham!!!**

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**DAY
10**



What is Borderline Personality Disorder? How is it hurting your relationships?

10 Things People with BPD want people to know.

[Click Here](#)

NAMI offers bereavement counseling for individuals and family survivors of suicide.

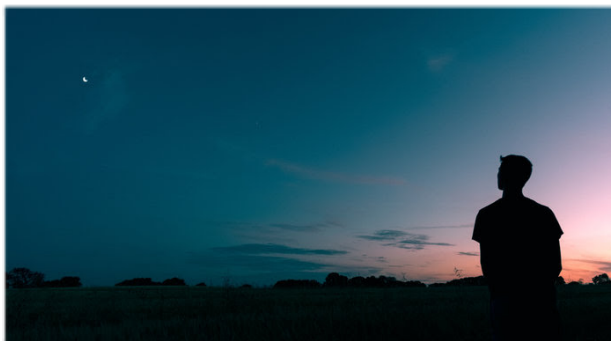
[Click Here To Find A Support Group](#)



PTSD

Traumatic events—such as an accident, assault, military combat, police brutality or natural disaster—can have lasting effects on a person’s mental health.

[Click Here: “Understanding PTSD”](#)



FaceBook Post by 5K 1st Place Winner

George Marks Texas Finish Time: 26m 16s



BeeThe1ToHelpSomeone is a Sock'n It! initiative to resource and promote Mental Health Awareness
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