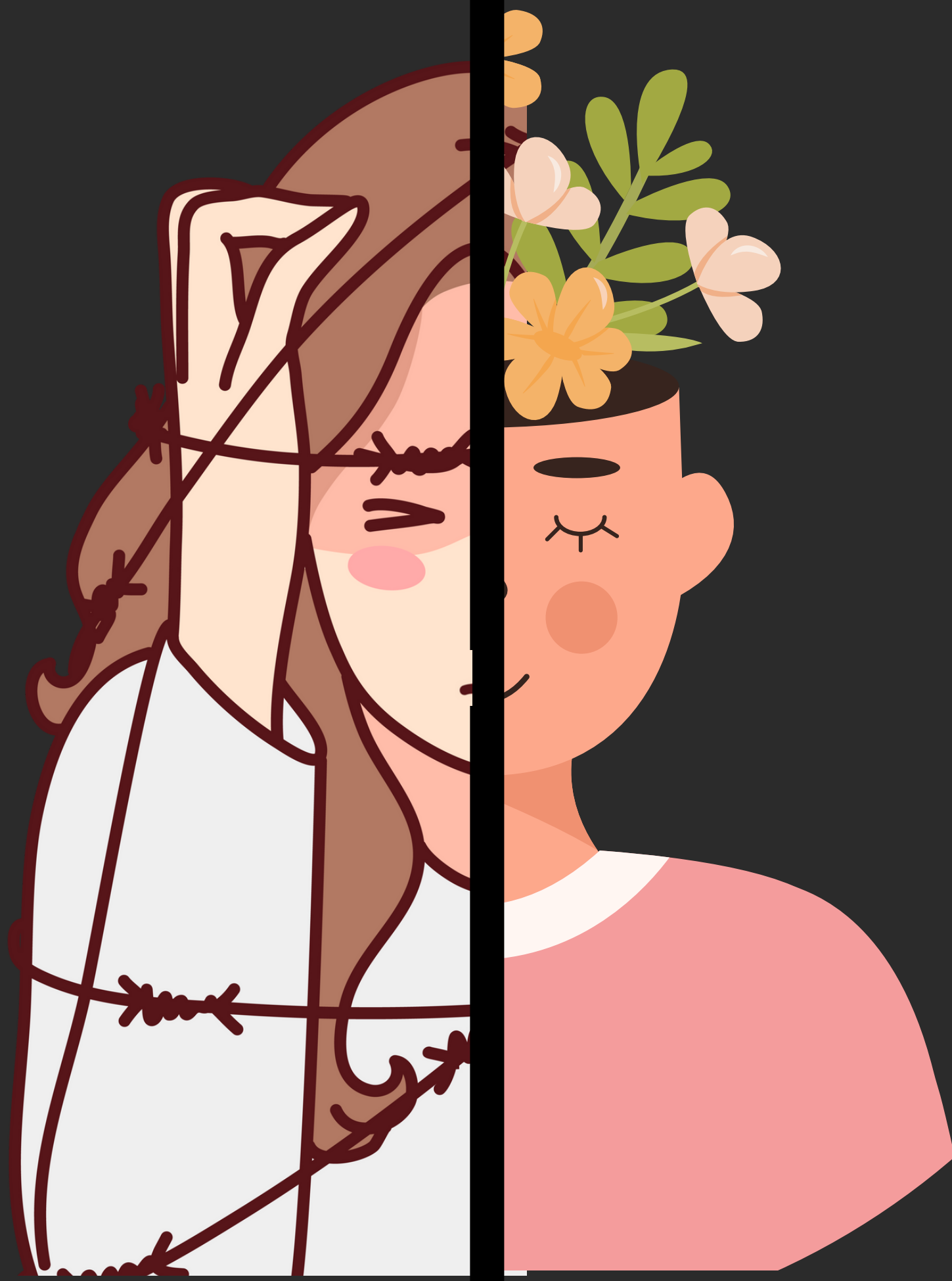


Teens, due to hormonal changes, experience heightened anxiety.

Learning effective coping mechanisms is essential

To learn these techniques, it is helpful to take help from a professional.

Psychological help is important for **EVERYONE!**



Self care is not selfish