A

SAM

CALM HARM

STAYALIVE   F   a   c d

E   C

U   W b   S   H   R   c
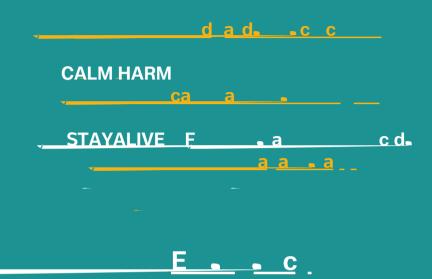O   C   W b   A

O C

S C Online herap pla form
Users can choose from one of online men al heal h
and ellbeing pro