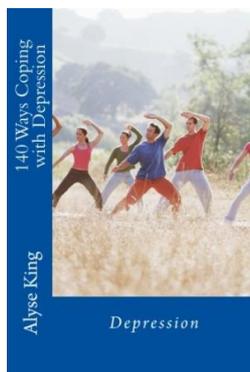


## My 140 Ways Coping with Mental Illness: How a Mother Coped with Stress, Depression and Stigmas



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